



## **Linked 360's**

**Objective:** To spin fully through 360 degrees in both directions

**Primary Skill:** Balance

**Justification:** Skiers must be able to control their fore-aft balance as well as edging to complete this task efficiently.

**Slope:** Easy intermediate groomed terrain

**Set-up:** From the starting area, skiers must complete 5 360's in each direction. Finish area should be no closer than 40m from the starting area.

### **Description:**

With adequate speed, the skier spins fully through 360 degree circles by adjusting fore-aft balance on skis.

The skier alternates direction of spin after 5 rotations

Skier should maintain consistent speed from start to finish

### **Criteria for Perfect Execution:**

Skier maintains fore-aft and lateral balance

Poles are not dragged for balance

Both feet maintain snow contact without stepping

Skier is able to maintain consistent vertical speed while spinning

Symmetry in both directions

### **Kid-Friendly Start Instructions:**

Start with a spin in one direction only, only switch to the other direction once skier is confident spinning their favorite way.