

ONE SKI SKIING

Objective: To ski solely on one ski connecting medium radius turns (15-18m turn apex to turn apex).

Primary Skill: Edging

Justification: The ability to adjust pressure fore and aft as well as regulate pressure through the transition and turn are essential for ski racing. Having one ski eliminates the balance advantage of being able to move from foot to foot and demands that the ski racer adjust their center-of-mass from one ski only.

Slope: Intermediate groomed terrain.

Description:

Skier wears one ski

Foot without ski is held exclusively off the snow and maintains a non-swinging position

Each leg shall be demonstrated with 8 to 12 linked medium radius turns (15-18 meters from turn apex to turn apex)

Drill is performed with left and right leg on separate trials

Criteria for Perfect Execution:

Free ski boot never touches the snow

Free ski boot is not used for fore/aft balance adjustment

Speed is consistent throughout entire maneuver

Turn shape is relatively round

Ski poles not used inappropriately for balance

Kid-Friendly Start Instructions:

Ski on one ski for 8-12 medium size turns, with the other ski off

Do not touch your free boot on the snow or swing your foot

Turns are round, carved, and the same size

Keep your speed up through all the turns

You may plant your pole to turn, but do not drag your poles or use them for balance

Switch legs and repeat

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