

SSCV Technical Statement

The skills required in ski racing are consistent from the youngest ages through to the World Cup. High quality repetition in free skiing and drills followed by varied and challenging courses provide the foundation for progress. In most cases the focus in gates should be tactical. Technical gains are best made outside of the course unless they are related to tactics.

Our overarching goal is for our athletes to strive to be the best they can be. This is an aspirational goal which can apply for each and every athlete from entry level to the World Cup. As such our expectation is our athletes will exhibit the highest level of technical skill. Our intent is to leverage the “Golden Age of Skill Development” from age six to puberty to develop a technical foundation which will support each individual’s quest to be the best they can become.

Our technical statement defines the way our athletes will ski at every level of our program. While each coach brings their own style and experiences, the staff will be on the same page using this as the primary guide. The greatest opportunity for progress will be supported by consistency in approach.

Core Competencies

- Arcing of skis
- Balanced Athletic Stance (fore/aft balance)
- Weight toward outside ski (lateral balance)
- Movement
- Pole Plant
- Approach to learning

Arcing of skis

Goal of making a carved turn from the initiation to completion with minimal hooking of the skis

Balanced Athletic Stance (fore/aft balance)

Center of Mass (COM) over the middle (center) of the skis

- COM takes a more direct path down the hill relative to the skis
 - COM is relatively more down the hill from the center of skis in initiation, centered in the falline, and the skis pass under the COM in the completion of the turn.
- Calm, disciplined, and relaxed upper body leads to higher levels of execution and supports making a shorter radius carved turn.
- Minimal vertical movement with the hips and upper body

Arms up and forward

Flexion of joints (forward ankle/knee flexion)

Hips over the feet in the transition

- As the skis pass under the body in the transition there is a momentary centering then the hips and shoulders square with the direction of the ski tips, facing out relative to the falline.

- Skis flat on the snow with the COM perpendicular to the slope of the hill

Weight oriented toward the outside ski

Feet with enough separation to allow for more weight toward the outside ski

- More weight toward the outside ski on harder snow and sharper radius turns
- Lower leg independence
- Weight distributed more toward two skis on softer snow and in longer radius turns

Upper and lower body separation in turning phase and completion of turn

- More pronounced with more angulation of the skis and legs

Generally the hips and shoulders face out in the initiation with the direction of the ski tips and simply keep facing out as the skis enter and exit the fallline leading to a countered position.

Leveling of the hips and shoulders is progressive from the apex (skis in fallline) of the turn to completion

Movement

With an understanding of the technical elements above and the ability to execute them while performing drills, these elements can be incorporated into the dynamic process of turning. Movement between and through the positions described are integral to linking arced turns.

The turn should be a flow with more knee and leg angulation in the initiation of the turn and progressive hip angulation (leveling of the hips and shoulders) from the apex to completion of the turn - strongest just as the skier exits the fallline.

The completion of the turn is through the extension of the knees (quadriceps) and legs which moves the hips forward and releases the edging of the skis.

- Minimal vertical movement of the COM supports maintaining forward ankle/knee flexion in the transition and the ability to edge the new downhill ski earlier and more cleanly.

Poleplant

A forward poleplant (with the tip of the pole angled down the hill) is an essential skill to be emphasized during skill acquisition. A forward double pole plant can be effective for re-centering and developmental level athletes. In tighter slalom and giant slalom turns a pole plant is utilized by the more accomplished skiers. Movement of the arms should be minimized using the wrists to execute the pole plant.

Approach to Learning

Outstanding athletes in any sport embody an approach where their practice transcends their peers. This approach is one all our athletes can aspire toward. The execution of drills is done with a desire to acquire mastery rather than a perfunctory checklist. When you watch World Class athletes freeski they ski with the highest precision. To become the best one can be in skiing means an approach where every day, run, and turn is precious. The best skiers are always looking to become better and in this manner also become their own best coaches with a degree of skiing literacy which rivals the top coaches.