Swiss Ski Technique

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June 19, 2007
How to grow up a good skier?
Sports teaching

Sports require a lot of practice. That is the only way to progress. However, a good trainer can reduce the amount of time necessary to take intermediate steps.

What must a good trainer do

- Identify what the learner is doing wrong
- Give the learner the feeling of what he is doing wrong
- Correct the learner by giving him appropriate exercises

Thus it is very important that the trainer perfectly knows the technique and feels it for himself well.
How is a ski built?

- **Length:** 1.5m to 1.9m for adults (depending on ski style)
- **Carved shape:** (thinner under ski bindings)
How can ski forms be decomposed?

What are ski forms?
- moving forms
- sliding and braking forms
- turning forms
- jumping forms
- composed forms

Swiss Ski Concept
- Every ski form can be decomposed into \textit{key moves}
- Every key move contains \textit{key elements}
Key elements: sliding
Key elements: take the edge
Key elements: initiate rotation
Key elements: raise/reduce pressure
Key moves: elevation/lowering
Key moves: tip and angulation
Key moves: rotation
Turning form: the three phases of a turn

- trigger
- passive phase
- active phase
Turning form: carved turn
Turning form: short turn
Turning form variants
Turning form variants
Questions ?