

# Swiss Ski Technique

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# 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 *key moves*
- ▶ Every key move contains *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: carved turn



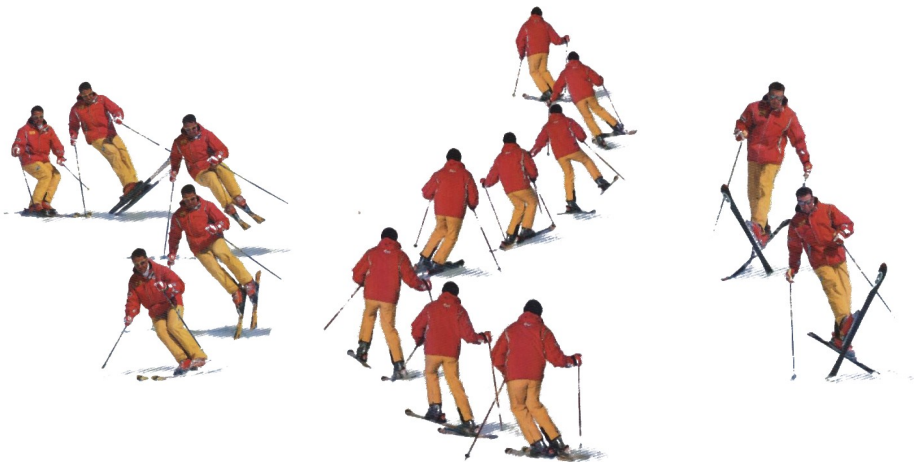


# Turning form variants





# Turning form variants



Questions ?