

Racer Skills Evaluation



By Tim LaVallee



Coaches periodically evaluate their athletes for different areas of their sport. Typically coaches administer physical fitness tests to evaluate or monitor their athlete's fitness levels and provide them with a road map for improvement. Ski coaches may want to evaluate specific spots specific elements of their sport.

Back in the 1980's the US Ski Team developed a battery of skiing skills test that could be used as a motivational tool, assess the individual strengths and weaknesses of their alpine ski racers, and/or to identify talent. A group of ski team coaches' conspired, lead

by coach Georg Capaul, set out to identify specific skills to be looked at and come up with a battery of skills that could be used as performance enhancement drills or as an evaluative tool. What they came up with was a comprehensive three levels of sports specific exercises called “The Base Tests.”

A few years ago the US Ski Team revamped the old Base Tests and the new application was called “Skills Quest.”

“Skills Quest” has been used extensively at USST development projects and has been used as a tool at the local level.

Below are some of the “Skills Quests” areas of assessment along with a few more of my favorites that I feel are areas of importance to be used as drills or and evaluative assessment to:

- Identify and assess fundamental skiing skills, strengths and weaknesses.
- Identify and expose those skill weaknesses that they can work on that might otherwise cause the skier to plateau.
- Provide a road map of skiing enhancement.
- Recognize and reward skill fundamentals strengths of racers who may generally finish in the middle of the pack but have a high potential for future success.
- Establish a foundation for long-term success in skiing.
- Help parents understand the strengths and weaknesses of their athlete in relation to parental expectations.


While I have used most of the examples below to evaluate a skier’s skill level I have found them quite valuable as a teaching moment and learning tool. For example, on a given training day, I might select the appropriate piece of terrain, set up on or two of the skills that will reach the desire outcome or focus for the day and as the skiers cycle around, they work on the or those skills.

Racer Skills Evaluation

Drill Name:	Free skiing with pole usage
Fundamental Ski Area:	Timing, Rhythm, Flow, & Balance
Equipment or Requirements:	Easy intermediate groomed terrain.

Session Goals:

1. To ski technically sound GS radius linked round turns with pole usage (Tap/touch).
2. A high degree of carving with Good Timing, Rhythm, Flow, & Balance
3. Ball-Call-Tall-Fall-Wall concept, Edging, Pressure, & Leverage with flow. A pole usage coincides with edge release and center-of- mass movement forward and into new turn

Set-up:	Coaching Points:	Evaluation:
Moderate groomed terrain.	<ul style="list-style-type: none"> •The skier skis eight GS radius turns •The skier times their pole swing with the edge release while their center-of-mass moves into the new turn.  <p>Ski eight carved, round GS turns with a pole plant between turns Try to ski fast but with good balance.</p>	<ul style="list-style-type: none"> •Balance is maintained in all three planes •Linked round turns such that speed is maintained throughout •The skis show a high degree of carving •A pole swing coincides with edge release and center-of-mass movement into new turn

Scoring

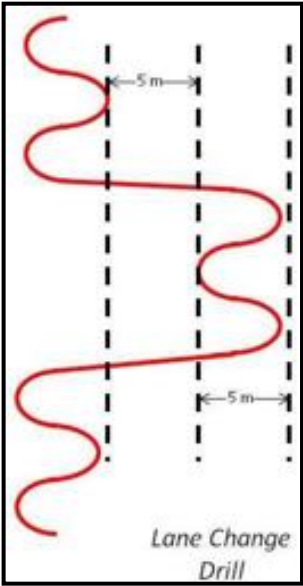
Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

Racer Skills Evaluation

Drill Name:	Free skiing with lane changes
Fundamental Ski Area:	Visual acuity, Good Timing, Rhythm, Flow, & Balance
Equipment or Requirements:	Slalom or GS skis, Intermediate groomed terrain.

Session Goals:

- To ski with an established rhythm and turn shape, then break that rhythm and re-create the same rhythm and turn shape in a new fall-line.

Instructions To Athletes	Coaching Points:	Evaluation:
<ul style="list-style-type: none"> •Ski three short radius turns in a corridor about as wide as a snow cat lane •After the third turn, continue across the hill for about two cat-widths and start another three short turns section •Ski six short turn sections connected by traverses  <p style="text-align: center;">Lane Change Drill</p>	<ul style="list-style-type: none"> •Skier skis three turns in the fall-line of even size, rhythm and speed in a 5 meter wide corridor, then traverses across another 5 meter corridor to a new fall-line corridor and repeats for three turns <ul style="list-style-type: none"> •The drill consists of six short turns sequences linked by five traverses •Stay in balance •The turns are carved and linked together •All turns are of the same shape, but the third turn is taken across the hill to a new corridor •Speed is maintained for all of the turns •Use a pole swing or plant for each turn 	<ul style="list-style-type: none"> •Balance is maintained in all three planes •Turns are relatively round, carved, and of consistent radius •Changing lanes is accomplished by a radical rhythm change where the skis continue across the fall-line without changing the radius of the exiting turn or the first turn in the new corridor •Consistent speed is maintained throughout all portions of maneuver •A pole swing coincides with edge release and center-of-mass movement into the new turn

Scoring

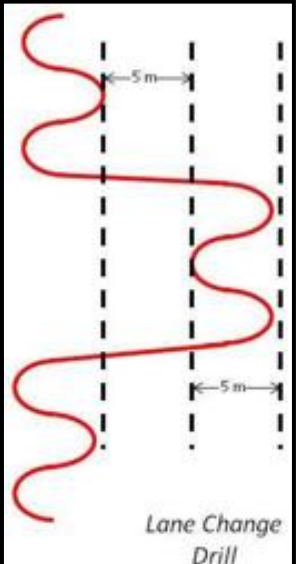
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Racer Skills Evaluation

Drill Name:	One ski skiing with lane changes
Fundamental Ski Area:	Balance, Visual acuity, Good Timing, Rhythm, Flow,
Equipment or Requirements:	Intermediate groomed terrain.

Session Goals:

1. To ski exclusively on one ski with an established rhythm and turn shape, then break that rhythm and re-create the same rhythm and turn shape in a new fall-line.
2. Turns are relatively round, carved, and of consistent radius. Ski poles are not used inappropriately for balance.

Set-up:	Coaching Points:	Evaluation:
<p>3 lane corridor</p> <p>In linked rhythmical turns, edge angle is constantly increased followed immediate decrease in edge angle. The ability to disrupt this rhythm is key for rhythm changes found in race courses.</p>	<p>Description:</p> <ul style="list-style-type: none"> •Skier wears one ski •Skier skis three turns in the fall-line of even size, rhythm and speed in a 5 meter wide corridor, then traverses across another 5 meter corridor to a new fall-line corridor and repeats for three turns •The drill consists of six short turn sequences linked by five traverses 	 <p style="text-align: center;">Lane Change Drill</p> <ul style="list-style-type: none"> •Free ski boot never touches the snow •Free ski boot is not used for balance adjustment •Speed is consistent throughout entire maneuver •Turns are relatively round, carved, and of consistent radius •Ski poles are not used inappropriately for balance •Do complete drill with left and right leg separately •Foot without ski is held completely off the snow and maintains a non-swinging position

Scoring:


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Racer Skills Evaluation

Drill Name:	Free Skiing – Hourglass
Fundamental Ski Area:	Timing, Rhythm, Flow, & Balance
Equipment or Requirements:	Slalom skis. Start and finish with brushes at mid point. Intermediate groomed terrain.

Session Goals:

1. To gradually decrease the radius of the successive turns, then gradually increase the radius back to the original turn size.
2. Carved round turns are linked without traverse
3. Turns gradually become smaller then larger without abrupt changes in turn size or shape

Set-up:	Coaching Points:	Evaluation:
<p>Define the start and finish. Place two brushes half way down 5 meters apart across the hill.</p> 	<ul style="list-style-type: none"> •The drill is 10 turns in duration. •Starting with GS-sized turns, gradually decrease the turn radius until a slalom size turn is achieved at the half-way point while skiing between the two brushes •After the brushes, the turns will become gradually larger until the GS-sized turn is reached at drill conclusion 	<ul style="list-style-type: none"> •Balance is maintained in all three planes •Carved round turns are linked without traverse •Turns gradually become smaller then larger without abrupt changes in turn size or shape •Relatively consistent speed is maintained throughout •Hourglass is symmetric from left to right •Hourglass is symmetric from top to bottom

Scoring


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Racer Skills Evaluation

Drill Name:	One ski skiing hourglass
Fundamental Ski Area:	Edging
Equipment or Requirements:	Groomed moderate terrain.

Session Goals:

- | |
|---|
| 1. To ski exclusively on one ski while gradually decreasing the radius of successive turns, then gradually increasing the radius back to the original turn shape on challenging terrain. Free ski boot never touches the snow |
| 2. Turns gradually become smaller to the midway point then larger to the finish |
| 3. Hourglass is symmetric from left to right and top to bottom. No abrupt changes in turn size or shape |

Set-up:	Coaching Points:	Evaluation:
<p>Define the start and finish. Place two brushes half way down 5 meters apart across the hill.</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>The drill consists of 10 turns.</p> <ul style="list-style-type: none"> •Skier wears one ski •Starting with GS-sized turns, gradually decrease the turn radius until a slalom-sized turn is achieved at the half-way point while skiing between the two brushes •After the brushes, the turns become gradually larger until the GS-sized turn is reached at drill conclusion •Foot without ski is held completely off the snow and maintains a non swinging position •Drill is performed with left and right leg in separate trials 	<ul style="list-style-type: none"> •Free ski boot never touches the snow •Free ski boot is not used for balance adjustment •Speed is consistent throughout entire maneuver •Carved round turns •Turns gradually become smaller to the midway point then larger to the finish •No abrupt changes in turn size or shape •Hourglass is symmetric from left to right and top to bottom •Ski poles are not used inappropriately for balance

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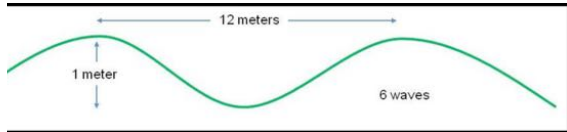
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Racer Skills Evaluation

Drill Name:	Straight run in a wave track
Fundamental Ski Area:	Balance, Pressure
Equipment or Requirements:	Moderate slope

Session Goals:

1. Using flexion and extension of the lower body to manage pressure against the snow over undulating terrain in an aerodynamic position.
2. Skier adjusts fore/aft pressure to increase speed
3. Skis remain flat against the snow and run straight in the fall-line

Set-up:	Coaching Points:	Evaluation:
<p>Set-up: Six waves are constructed by a snow cat that are one meter high when measured from the bottom of the trough to the apex of the roll. Waves are perpendicular to the fall-line and spaced 12 meters apart from crest to crest. Width is two snow cats grooming widths or about 10 meters.</p> 	<ul style="list-style-type: none"> •The skier enters the wave track at GS Speed •The skier skis in a straight run maintaining a consistent high tuck position such that they can absorb the "waves" through flexion and extension of the lower body 	<ul style="list-style-type: none"> •The skier's upper body remains at the same relative elevation above the horizon that is consistent with the pitch of the hill •Lower body absorbs the rolls and maintains or increases pressure on the downside of the rolls •Skis remain flat against the snow and run straight in the fall-line •Skier maintains equal distance between both skis •Skis have even pressure between left and right •Skier adjusts fore/aft pressure to increase speed

Scoring

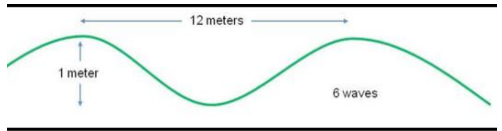
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Racer Skills Evaluation

Drill Name:	Linked turns in wave track
Fundamental Ski Area:	Pressure, flexion and extension
Equipment or Requirements:	Intermediate slope.

Session Goals:

1. The skier's upper body remains at same relative elevation above horizon that is consistent with the pitch of the hill
2. Lower body absorbs the rolls and maintains or increases pressure on the downside of the rolls
3. Skis maintain snow contact at all times

Set-up:	Coaching Points:	Evaluation:
<p>Set-up: Six waves are constructed by a snow cat that are one meter high when measured from the bottom of the trough to the apex of the roll. Waves are perpendicular to the fall-line and spaced 12 meters apart from crest to crest. Width is two snow cats grooming widths or about 10 meters.</p> 	<p>The skier enters the wave track at GS speed then makes carved, round linked turns</p> <ul style="list-style-type: none"> •The skier skis such that they can absorb the waves and extend into the troughs with their lower body while turning •Turn apex is randomly placed on each wave by the athlete with no consecutive turn being placed in the same place (the turn apex could be on the backside, upslope, top, or trough) 	<ul style="list-style-type: none"> •The skier's upper body remains at same relative elevation above horizon that is consistent with the pitch of the hill •Lower body absorbs the rolls and maintains or increases pressure on the downside of the rolls •Skis maintain snow contact at all times •Skier demonstrates round turns while varying turn apex placement relative to the rolls •Skier adjusts fore/aft pressure to increase speed

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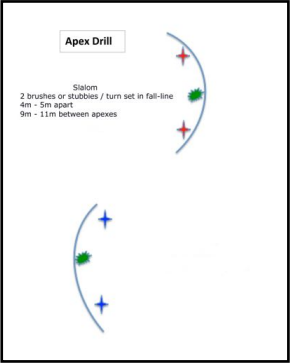
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Racer Skills Evaluation

Drill Name:	Turn Shape Drill (often called the Apex drill)
Fundamental Ski Area:	Carving Turns/Transitions
Equipment or Requirements:	Coach needs: Drill, 30+- GS gates or brushes for 15+- gate set

Session Goals:

1. The goal of this drill is to teach the skier how to carve a turn in a specific place on the hill (in the fall-line).

Set-up:	Coaching Points:	Evaluation:
 <p>Beginner terrain working up to intermediate terrain as skill progresses</p> <p>SL – 2 brushes or gates per turn set in fall-line 3-5m apart; 8-11m between turn apexes (green line)</p> <p>GS – 2 brushes or gates per turn set in fall-line 4-8m apart, 22-24m between apexes</p> <p>Off-set determines angle into turn shape (round is better), distance between gate pair corresponds to apex to apex distance</p> <p>Adjust distances between gate pairs and apexes to be sure entry/exit angles are the same. Set consistent turns throughout so skiers only focus on turn shape in the fall-line.</p>	<p>Initiation - The skier initiates the turn close to the first gate (brush)</p> <p>Turning – Apex is between 2 brushes/gates, skier executes one smooth, continuous arc (no double turns)</p> <p>Completion – Turn shape should be finished at or shortly after the 2nd gate/brush, with no "hook" or extra edging after gate pair.</p> <p>Crossover point / transition: should be between two apexes, skier pointing at top brush/gate of next turn</p>	<p>The skier should demonstrate:</p> <p>A carved turn starting at the top brush/gate and ending at the bottom brush/gate</p> <p>One smooth, consistent carved turn (no double turns)</p> <p>The apex of the turn is equidistant between the gates.</p> <p>Snow contact, balanced transition.</p> <p>Pole touch/tap at transition</p> <p>Looking ahead.</p>

Scoring

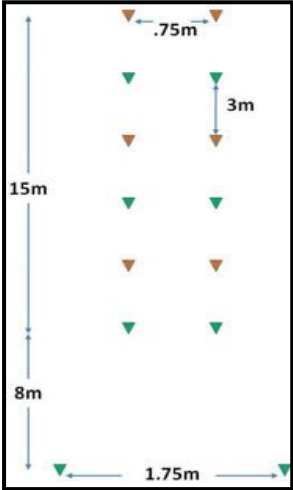
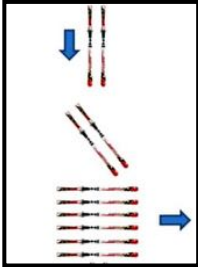
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Racer Skills Evaluation

Drill Name:	Straight run to sideslip with edge set
Fundamental Ski Area:	Rotary
Equipment or Requirements:	Easy intermediate groomed terrain with a consistent fall-line.

Session Goals:

1. To go straight down the fall-line then rotate both skis simultaneously until skis are perpendicular to fall-line to sideslip and with an edge set and pole plant.
2. Rotation of the ski is used in many ways. When combined with the skill of edging in one drill it makes this very ski-specific. similar to the rotary and edging demands involved with a steered turn entry to a carved completion.

Set-up:	Coaching Points:	Evaluation:
	<ul style="list-style-type: none"> •Skier starts in a straight run down the fall-line •Skis remain hip width •After 15 meters in a straight run, both skis are pivoted across the fall-line •Skier will maintain a sideslip for 6 meters in a corridor •The skier stops with an edge set timed with the pole plant and holds stopped position for 3 seconds •The test is performed with a stop in each direction 	<ul style="list-style-type: none"> •Direction of travel does not deviate from fall-line •Hip width stance in all phases of the drill •Skis are pivoted simultaneously •Skier remains in a ski width corridor •Pole touch coincides with edge set 

Scoring

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task

Racer's Skills Evaluation

Drill Name:	Straight run to sideslip II
Fundamental Ski Area:	Rotary, Balance
Equipment or Requirements:	Intermediate groomed terrain with a consistent fall line.

Session Goals:

- To go straight down the fall-line and be able to rotate both skis simultaneously in each direction until skis are perpendicular to the fall-line followed by a sideslip, and then rotate skis back into the fall-line without an excess loss of speed from the sideslip.

Set-up:	Coaching Points:	Evaluation:
Moderate pitch even terrain groomed hill 	Description: <ul style="list-style-type: none"> •Skier starts in a straight run down the fall-line •Skis are maintained at hip width throughout the drill •After about 10 meters skier pivots both skis across the fall-line in one continuous motion •Skier sideslips for 6 meters in a corridor down the fall-line •The skis are then rotated back so they point down the fall-line for 6 meters followed by another 6 meter sideslip the opposite direction •Drill is concluded after the fourth sideslip, with an edge set that is timed with a pole plant and holds a stopped position for 3 seconds 	Evaluation: <ul style="list-style-type: none"> •Skier stays within a ski width corridor without deviation from the fall-line through entire drill •Skis are pivoted simultaneously •Hip width stance in all phases of the drill •Skier loses a minimal amount of speed during the sideslips •Distinct straight run between sideslips •Pole plant coincides with edge set at conclusion of drill

Scoring:

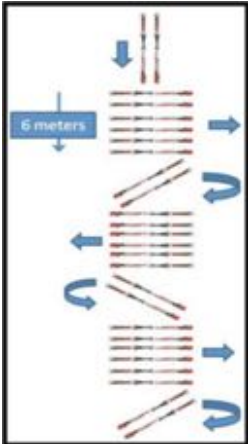
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Racer Skills Evaluation

Drill Name:	Pivot slips
Fundamental Ski Area:	Balance, Centered on skis, Rotary
Equipment or Requirements:	Intermediate groomed terrain with a consistent fall-line.

Session Goals:

1. To go straight down the fall-line and be able to rotate both skis simultaneously in each direction until skis are perpendicular to the fall-line

Instructions To Athletes:	Coaching Points:	Evaluation:
<p>Ski straight down the hill to get some speed</p> <ul style="list-style-type: none"> •Then quickly pivot your skis to turn them across the hill, turning both feet sideways at the same time •Slip sideways straight down the hill, trying not to lose much speed •Quickly pivot your skis to turn them across the hill in the other direction followed by another sideslip. You'll do four sideslips in all, two to each side •Try not to lose much speed and stay in a straight line down the hill the whole time •Keep your skis hip-width apart the whole time •After the fourth sideslip, stop by setting your edges and planting your downhill pole •Hold still for 3 seconds 	<p>Coaching Points:</p> <ul style="list-style-type: none"> •Skier starts in a straight run down the fall-line •Skis are maintained at hip width throughout the drill •Skier travels 15 meters then pivots both skis across the fall-line •Skier sideslips for six meters in a corridor down the fall-line, then pivots both skis in the opposite direction into a sideslip down the fall-line for another six meters 	<p>Evaluation:</p> <ul style="list-style-type: none"> •Skier stays within a ski-width corridor without deviation from the fall-line through entire drill •Skis are pivoted simultaneously •Hip width stance in all phases of the drill •Skier loses a minimal amount of speed during the sideslips •Pole plant coincides with edge set at conclusion of drill •Drill is concluded after the fourth sideslip, with an edge set that is timed with a pole plant and holds a stopped position for 3 seconds

Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

Racer Skills Evaluation

Drill Name:	Outside Ski Turns
Fundamental Ski Area:	Edging, Balance
Equipment or Requirements:	Easy intermediate groomed terrain.

Session Goals:

1. To ski solely on the outside ski prior to, during and after the ski turn during medium radius highly carved turns connected with a traverse on one ski.
2. Prior to the turn, the new outside ski is skied for two ski lengths to indicate balance is solely on the new outside ski
3. After turn completion the outside ski is skied for two ski lengths to indicate balance is still 100% outside ski dominant

Set-up:	Coaching Points:	Evaluation:
<p>Easy intermediate groomed terrain.</p> <p>The ability to ski on the outside ski is essential to optimally maintain balance against extreme external forces created by tight turn radii and high speeds.</p> <p>Without an inside ski to assist with lateral balance and regulate pressure the ski racer is limited to their options with regards to what they can do with the ski.</p>	<ul style="list-style-type: none"> •Skier makes eight carved GS radius turns with weight entirely on the outside ski •The inside ski is kept entirely off the snow during the turn •Skier concludes turn by remaining on the old outside ski for two ski lengths •Skier will make an identifiable weight transfer •Skier will initiate the new turn after a traverse of two ski lengths on the uphill (new outside) ski •Pole may only be used to swing and touch the snow, not for balance support against the snow 	<ul style="list-style-type: none"> •Inside ski carried off the snow 100% of the time •A deliberate weight transfer can be identified when the skier transfers pressure to the new outside ski •Prior to the turn, the new outside ski is skied for two ski lengths to indicate balance is solely on the new outside ski •After turn completion the outside ski is skied for two ski lengths to indicate balance is still 100% outside ski dominant •Turns are mainly carved •Speed is consistent throughout entire maneuver •Turn shape is relatively round •Ski poles are kept off the snow except if used for a pole plant

Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

Racer Skills Evaluation

Drill Name:	Inside Ski Turns
Fundamental Ski Area:	Edging, Edge Change, Turn initiation, Balance
Equipment or Requirements:	Easy intermediate groomed terrain.

Session Goals:

1. To ski solely on the inside ski prior to, and at the beginning of a ski turn during medium radius and long radius highly carved turn connected with a traverse on the inside ski.
2.
3.

Set-up:	Coaching Points:	Evaluation:
<p>Easy intermediate groomed terrain.</p> <p>The ability to utilize the inside ski is essential to optimally initiate a big turn and maintain balance against extreme external forces created by tight turn radii and high speeds.</p> <p>Without an inside ski to assist with lateral balance and regulate pressure the ski racer is limited to their options with regards to what they can do with the skis.</p>	<ul style="list-style-type: none"> •Skier makes eight carved GS radius turns starting each turn with weight entirely on the inside ski •The outside ski is kept entirely off the snow at turn initiation and through the beginning of the arc. •Skier concludes turn by placing the outside ski on the snow. •In the traverse, the skier makes an identifiable weight transfer to the uphill ski. •Skier will initiates the new turn after a traverse of at least two ski lengths on the uphill (which will become new outside) ski as the turn progresses. •Pole touch may only be used to swing and touch the snow, not for balance support against the snow but for timing and edge roll over to new turning edge. 	<ul style="list-style-type: none"> •Inside ski carried off the snow 100% of the time and in the traverse. •A deliberate weight transfer can be identified when the skier transfers pressure to the new uphill ski •Prior to the turn, the uphill ski is skied for two ski lengths to indicate balance is solely on the uphill ski. •After turn completion the uphill ski is skied for at least two ski lengths to indicate balance is still 100% dominant on the uphill ski •Turns are mainly carved •Speed is consistent throughout entire maneuver •Turn shape is relatively round •Ski poles are kept off the snow except when used for a pole touch or plant.

Scoring:

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Racer Skills Evaluation

Drill Name:	One ski skiing
Fundamental Ski Area:	Edging
Equipment or Requirements:	Slalom skis, groomed beginner/intermediate hill

Session Goals:

1. To ski solely on one ski connecting medium radius turns (15-18m turn apex to turn apex).
2. Speed is consistent throughout entire maneuver
3. Ski poles are not used inappropriately for balance & Turns are relatively round, carved, and of consistent radius

Set-up:	Coaching Points:	Evaluation:
<p>Intermediate groomed terrain.</p> <p>The ability to adjust pressure fore and aft as well as regulate pressure through the transition and turn are essential for ski racing.</p> <p>Having one ski eliminates the balance advantage of being able to move from to foot and demands that the ski Racer adjust their center-of-mass From one ski only.</p>	<ul style="list-style-type: none"> •Skier wears one ski •Make eight linked medium radius (15-18m) turns •Foot without ski is held completely off the snow and maintains a non-swinging position •Skier will demonstrate right and left leg •Ski on one ski for eight 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 	<ul style="list-style-type: none"> •Free ski boot never touches the snow •Free ski boot is not used for balance adjustment •Speed is consistent throughout entire maneuver •Turns are relatively round, carved, and of consistent radius •Ski poles are not used inappropriately for balance

Scoring

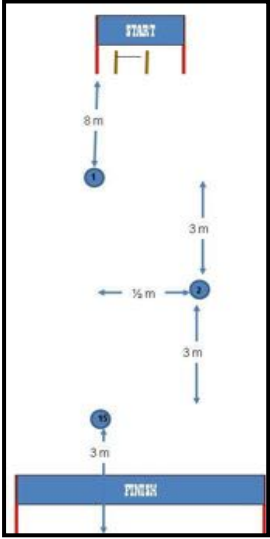
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Racer Skills Evaluation

Drill Name:	Vertical brush quickness course
Fundamental Ski Area:	Rotary
Equipment or Requirements:	Easy intermediate groomed terrain.

Session Goals:

1. To ski through a series of tightly spaced brushes quickly.
2. Completion of course at a speed comparable to a straight run alongside the course
3. Ski tips and boots must go around each brush

Set-up:	Coaching Points:	Evaluation:
	<ul style="list-style-type: none"> •Skier starts 8 meters above first brush •Skier starts with their choice of start strategy •Skier alternates left and right around successive brushes •Skier attempts to complete the course as quickly as possible •Finish is 3 meters below last gate in line with the start •Establishing "criterion time": Before the exercise, athlete sets a criterion time by pushing once without skating from the start and skiing straight down the hill in a standing position through the finish timing. 	<ul style="list-style-type: none"> •12 brushes are offset .5 meters horizontally and at a 3 meter vertical distance in the fall-line. Timing is used, with the start wand set eight meters directly above the first brush and the finish line set three meters below the 12th (last) brush. •Completion of course at a speed comparable to a straight run alongside the course •Ski tips and boots must go around each brush

Scoring:


Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

Racer Skills Evaluation

Drill Name:	Hop turns
Fundamental Ski Area:	Rotary
Equipment or Requirements:	Intermediate groomed terrain.

Session Goals:

- To demonstrate the ability to rotate the lower body and maneuver the skis accurately while maintaining an upper body that appears quiet in space.

Set-up:	Coaching Points:	Evaluation:
Intermediate groomed terrain.	<ul style="list-style-type: none"> •Skier starts from a traverse stance •Skier jumps with both skis pivoting them in alternating directions for 15 jumps •Skis are pivoted around the middle of the ski with simultaneous leg rotation •Skier jumps in the opposite direction immediately upon landing •Track left in snow resembles a series of "Z"s, with the tip of the previous track almost coinciding with the tail of the next track •Exercise concludes with an edge set of both skis across the fall-line and hold stopped position for 3 seconds 	 <ul style="list-style-type: none"> •Skis are always parallel to snow surface in the air (no tips or tail up) •Equal distance is maintained between skis •Skis land on edge and take off immediately from same position •Skis take off, rotate, and land simultaneously •Consistent rhythm and speed with no pausing or stopping during hops •Last hop concludes with an edge set that coincides with a point plant and skier holds motionless for 3 seconds

Scoring:

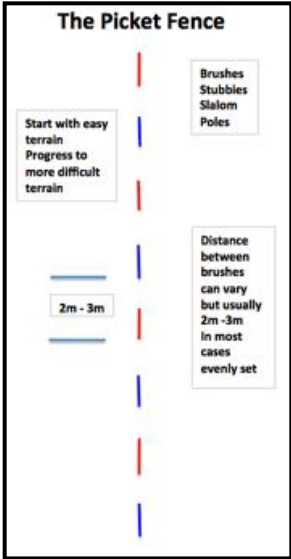
Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

Racer Skills Evaluation

Drill Name:	Picket Fence
Fundamental Ski Area:	unweighting, balance, simultaneous ski movement, pole plants, timing
Equipment or Requirements:	Stubby gates or brushes Start with intermediate groomed terrain that is even from side to side, without side hill or fall-away. With progress use more challenging terrain.

Session Goals:

1. Unweighting edging, separation
2. Pole Plants
3. Balance
4. Can be done on two skis or more challenging on 1 ski

Set-up:	Coaching Points:	Evaluation:
	<ul style="list-style-type: none"> •Skier maintains the straightest path down the fall-line possible •No converging or diverging skis • // simultaneous ski movement •Good balance •Edge sets •Pole plants •Quiet upper body •Good upper/lower body separation •Economy of movement from the jumping skier 	<ul style="list-style-type: none"> •Skier maintains a straight path down the fall-line possible •No converging or diverging skis • // simultaneous ski movement •Edge sets •Pole plants •Quiet upper body •Good separation •Economy of movement from the jumping skier

Scoring

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

Racer Skills Evaluation

Drill Name:	Pole jumpers
Fundamental Ski Area:	Pressure along the fore/aft axis of the ski. Balance
Equipment or Requirements:	Beginner groomed terrain that is even from side to side, without side hill or all-away.

Session Goals:

1. To clear a series of poles placed on the ground at 90 degrees to the skier's direction of travel.
2. Skier jumps once to clear each pole in the snow
3. Jump off both feet simultaneously & Land on both feet simultaneously

Set-up:	Coaching Points:	Evaluation:
<p>Eight poles are laid flat on the ground at 90 degrees across the fall-line at eight meter spacing.</p> <p>The poles can be secured or unsecured to the snow surface. The start is 12 meters above the first pole and the finish is 12 meters below the last pole.</p>	<ul style="list-style-type: none"> •Ski in a straight run down the fall-line •Skier jumps once to clear each pole in the snow 	<ul style="list-style-type: none"> •Skier maintains a straight path down the fall-line •Equal distance is maintained between both skis and knees •Jump off both feet simultaneously •Land on both feet simultaneously •Skis do not touch poles •Economy of movement from the jumping skier

Scoring

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

Racer Skills Evaluation

Drill Name:	Pole Jumpers In Tuck
Fundamental Ski Area:	Pressure, Balance, agility, Coordination
Equipment or Requirements:	Groomed easy hill with no side hill

Session Goals:

1. To jump while maintaining a tuck and clear a series of poles placed at 90 degrees to the skier's direction of travel.

Set-up:	Coaching Points:	Evaluation:
<p>Beginner groomed terrain that is even side to side, without side hill or fall-away.</p> <p>Eight poles are laid at 90 degrees across the fall-line at 8 meter spacing.</p> <p>The poles can be secured or unsecured the snow surface. The start is 12 meters above the first pole and the finish is 12 meters below the last pole.</p>	<ul style="list-style-type: none"> •Ski in a straight run down the fall-line in a tuck position •Skier jumps once to clear each pole in the snow •Tuck position is between a high and low tuck •Ski straight down the hill in a tuck •Jump over the poles without your skis touching the poles •Keep your skis and knees the same distance apart •Jump and land with both feet at the same time •Jump from your legs, keeping the rest of your body quiet •Stay between a high and low tuck – if you moved just your elbows back, they should touch somewhere on your thigh •Your elbows should not be wider apart than your knees 	<ul style="list-style-type: none"> •Skier maintains a straight path down the fall-line •Skier maintains a tuck position such that if the skier were to pull their elbows back without moving their shoulders or hips, their elbows would touch some part of their thighs, with elbows no wider than the knees •Equal distance maintained between both skis and knees •Jump off and land on both feet simultaneously •Skis do not touch poles •Economy of movement from the jumping skier

Scoring

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

Sample Skills Evaluation Implementation Plan Example

Coach:		Date:	
Group:		Location:	

Session Goals: **Skiing Fundamental Skills Evaluation**

1. For athletes & coaches to gain a broader perspective on their overall skiing skills to help plan for that will set athletes up for future success.
2. Recognize and reward skill fundamentals strengths
3. Expose skiing strengths & weaknesses

Equipment Needed:	Radios, 20 GS paneled gates, 15 slalom poles, 30 Brushes, Drills, Bits, Video, Clip Boards, Pencils
Other:	Slalom skis

Time:	Session:	Location:	Details:
Day #1			
12:30pm	1		Session #1 of Skiing Fundamental Skills Challenge (Cycle#1 below)
Day #2			
12:30pm	1		Session #2 of Skiing Fundamental Skills Challenge (Cycle #2 below)

Day #1 Set-up:	Skill, Location, & Judges:
<p>Select appropriate terrain Set up Corridors 5m x 5m for:</p> <ol style="list-style-type: none"> 1. Straight run to sideslip to edge set Corridor 2. Straight run to pivot slips (L & R) Corridor 3. Free ski with lane changes, set up 2 lane corridor <p>Set up: Apex Turns SI set– 2 brushes or gates per turn set in fall-line 3-5m apart; 8-11m between turn apexes (green line)</p> <p>Set up: Hourglass define short radius turn area with 4 brushes</p>	<p>Day #1 - Cycle #1</p> <ol style="list-style-type: none"> 1. Free skiing with pole usage (<i>all athletes</i>) Trail or slope Coaches: #1, #2, #3, etc. 2. Free ski hourglass (<i>all athletes</i>) Trail or slope Coaches: #1, #2, #3, etc. 3. Apex Turns (<i>all athletes</i>) Trail or slope Coaches: #1, #2, #3, etc. <p>Day #1 Cycle #2</p> <ol style="list-style-type: none"> 1. Straight run to sideslip to edge set (<i>all athletes</i>) Trail or slope Coaches: #1, #2, #3, etc. 2. Straight run to pivot slips (L & R) (<i>all athletes</i>) Trail or slope Coaches: #1, #2, #3, etc. 3. Free ski with lane changes (<i>all athletes</i>) Trail or slope Coaches: #1, #2, #3, etc. <p>Skills Setter: Coach:</p>

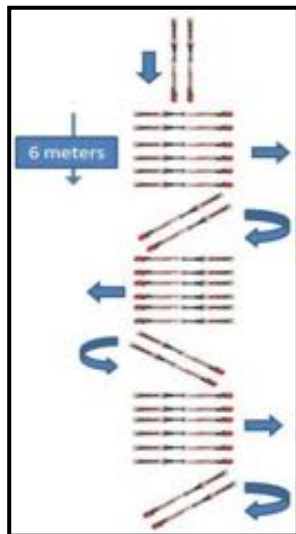
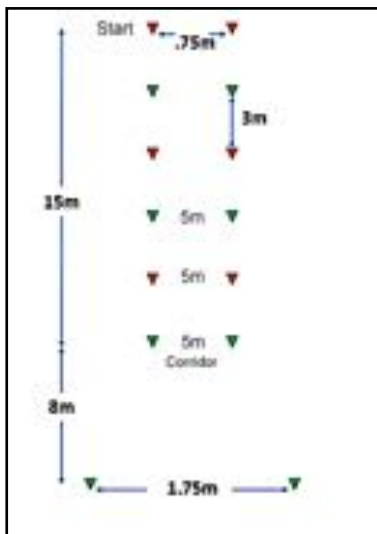
Day #1 Set-up:

Sideslip Edge Set Corridor

5m Corridor
of skis Corridor 5m

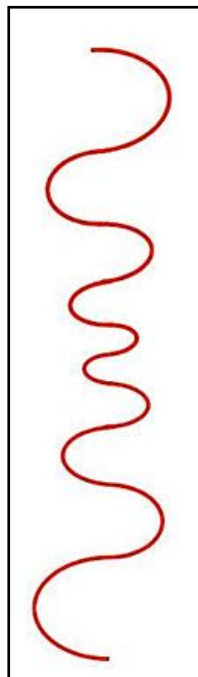
Pivot Slips in Corridor

A little wider than the length



Hourglass

Define start and finish area
Mark short turn area with 2 brushes at the start and 2 at the finish of the short turn corridor. Define short radius turn area with four brushes

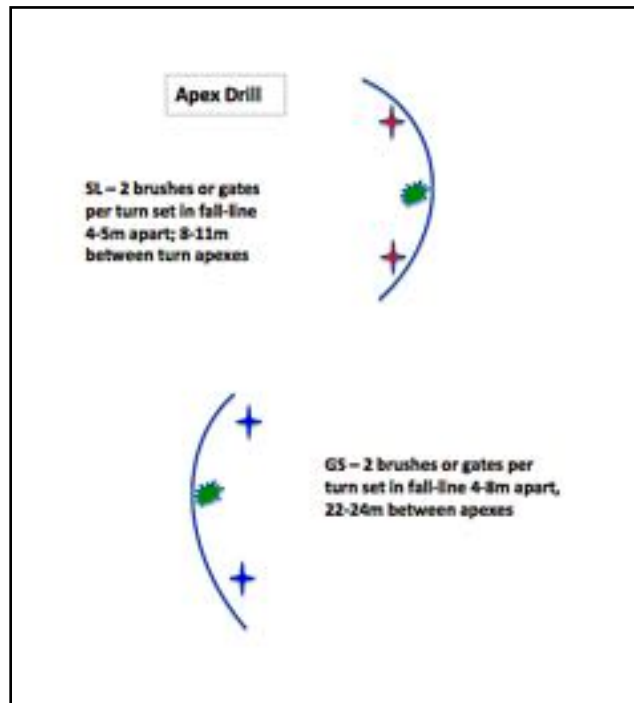
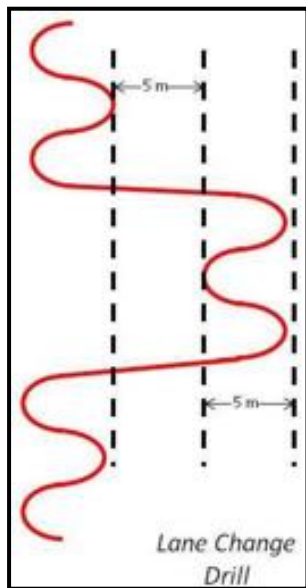


Apex Course Skill
Apex

Set 8 - 10 turns
Slalom set 2 brushes / turn, 3m - 5m
Set Apex brush
Set 8m - 11m between turns apexes

Lane Change Corridors

As diagramed at 5m



Day #2 Set-up:

Select appropriate terrain for skills
1. Set up Pole Jumpers (see below)

Select terrain for:
1. Hop Turns
2. Outside ski turns
3. Inside ski turns

Skill & Judges:

Day #2 Cycle #1

1. Pole jumpers (*all athletes*)

Coaches: #1, #2, #3, etc.

2. Hop turns (*U12 and up*)

Coaches: #1, #2, #3, etc.

Day #2 Cycle #2

1. Outside ski turns (*U12 and up*)

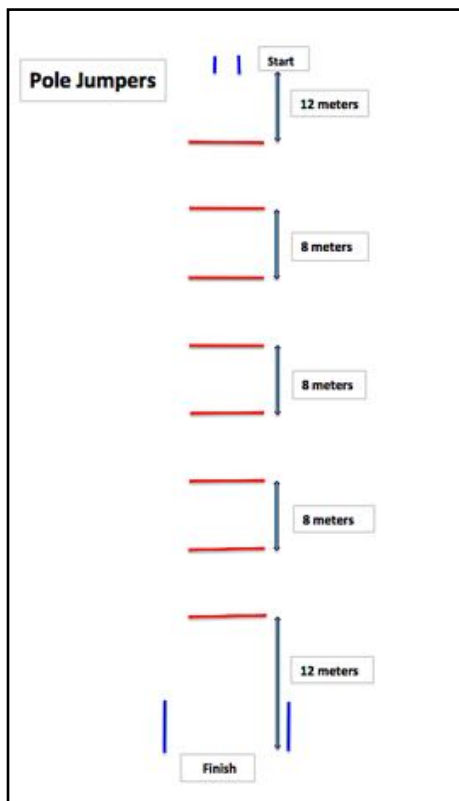
Coaches: #1, #2, #3, etc.

2. Inside ski turns (*U12 and up*)

Coaches: #1, #2, #3, etc.

Set-up, Methods/Drills:

Pole Jumpers



Location:

Important to select appropriate terrain

Skills Setter: Coach:

Pole jumpers (*all athletes*) [Trail or Slope](#)

Hop turns (*U12 and up*) [Trail or Slope](#)

Outside ski turns (*U12 and up*) [Trail or Slope](#)

Inside ski turns (*U12 and up*) [Trail or Slope](#)

One ski skiing (*U12 and up*) [Trail or Slope](#)

Based on the description and criteria for perfect execution of each skill, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.



Sample Scoring Sheets

Name	Apex Drill	Free Ski W/ Pole Usage	Free Ski w/Lane Change	1 ski w/Lane Change	Hourglass	1 Ski Hourglass	Wave Track	Straight Run To Sideslip	Pivot Slips	Straight Run/Pivot To Edge Sets	Total Score

Name	Skiing on Outside ski	Skiing On Inside Ski	1 Ski Skiing	Vertical Brush Course	Hop Turns	Picket Fence	Straight Run To Sideslip	Pole Jumpers	Total Score

Based on the description and criteria for perfect execution of a skill, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

References: USSA/U.S. Ski Team Skills Quest