



A SEQUENCE FOR BODY ALIGNMENT

“Two Legs Working as a Unit”

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Introducing Balance: Lateral/Fore-aft:

Drill #1

- The athlete should start by standing in a natural athletic balanced stance on their skis with feet at hip width.
- The hands and poles will be held together, shoulder height in front of the body. The poles hang in a relaxed manner vertically aligning with the middle of the body--torso and legs. (Photo 1)



- **The tips of the poles will line-up just behind the big toes of the boots, centering the body fore/aft, as body angles begin to develop. (Photo 2)**



Theory:

- **The torso lining up with the legs, establishes the basis for lateral balance.**
- **The position of the hands/arms and poles encourages the athlete to ski with the feet and legs, eliminating upper body movement.**
- **The torso will follow the lower body.**
- **The tips of the poles aligned with the boot toes introduce cuff pressure aligning the knees with the toe pieces of the binding.**

- This drill begins to develop unity between the outside (dominant ski) and the inside (active ski). It also emphasizes timing, pressure, and edge angles at turn entry.

Task:

- Ski several runs in this manner on moderate terrain.
Introducing the outside/inside legs as a working unit:

Drill #2

- Begin by linking turns from a natural athletic stance. Feet hip width.
- Grip the ski poles in a relaxed manner.
- Align the hand (pole) on the turning side with the middle of the body. (Photo 3)



- The aligned pole will center with the torso/legs/feet.
- The tip of the pole will line up directly behind the big toe (mid-center) of the outside ski, approaching turn entry.
- The outside arm/pole is relaxed and away from the torso, as the outside leg is starting to extend, establishing an edge angle with the foot/ankle/knee.
- The inside center aligned hand/pole follows the torso/hip and inside leg into the turn.
- The inside active leg-- foot through knee-- is relaxed,

beginning to retract and shorten to compliment the extended, dominate outside leg.



NOTE: Photo #3

The pole is centered between the boots. The outside leg, mid-knee is beginning to touch the ski pole.



NOTE: Photo #4

As the turn develops, the hips and torso continue to move inside. The active inside leg starts to retract. The centered pole aligns with the extended outside leg from knee through the center of the thigh.



NOTE: Photo #5

The body is aligned and balanced at turn completion. The pole tip of the centered hand drops directly between the feet. Edge angles of both feet are equal, according to the terrain and turn exit.

Theory:

- **Drill #2 is an introduction to the coordination of timing/ pressure/ and edge angles, between the outside (dominant leg) and the inside (active leg).**

Task:

- **Ski several runs in this manner on moderate terrain.**

Body alignment/ Balance/ Timing with two legs working as a unit:

Drill #3

Drill #3 involves a technical free ski run with a blending in of drills #1 and #2. The free ski run begins by linking mid-radius turns. Integrate several repetitions of drill #1 followed by continued execution of skiing mid-radius turns. As the free skiing continues, integrate several repetitions of Drill #2 followed by further technical free skiing. Repeat the sequence several times during a continuous run. Drill #3 should be used

over a variety of terrain and with varied turn shapes.

The goal is to maintain balance/timing/unity between the outside/inside legs, merging the movement pattern into free skiing on all terrain.

Theory: This series of drills will assist the athlete/free skier to develop body alignment, edge angles, balance, patience, and timing of leg length change at turn entry.



Note: Photo #6

- Simultaneous foot steering aligning both legs approaching turn entry



NOTE: Photo #7

- **Observe the body alignment.**
- **Shoulders/Hips/Feet.**
- **Outside leg length/inside leg retraction.**
- **Edge angles/pressure distribution between the skis.**



NOTE: Photo #8

- **Observe turn completion**
- **Body rising forward.**
- **The legs are relaxing and the ankles are starting to straighten, as the skier approaches the transition between turns.**

“Excellence in athletic execution evolves through education and exploration.”