

## **Common Problems**

### **Skiers are stiff resulting in turns being difficult and the skier is off balance:**

Solutions (Technical Reference - Pressure Control or Movement of all joints helps the skier to maintain balance and manage the forces against them)

- Rocking fore and aft
- Bouncing, hopping or jumping around the turn (hop turns)
- Drag ski poles out to the side throughout
- Prayer hands (without poles)
- Turn feeling the whole foot
- Hands over head or hand on hips
- Lifting the uphill ski, touch tip to snow and lean on it
- Ski on one ski through the turn then switch
- Poles behind back or behind legs, pole on head, or arms crossed in front.
- Poles held out at eye level
- Ski backwards
- 360's
- Nose over toes
- Tall and small
- Shuffle feet throughout the turn

### **Skiers are turning with their upper body:**

Solutions (Technical Reference - Rotational Control or The turn is led by the lower body and the ski design)

- Picture frame downhill
- Hockey stops or skidding/side slips
- Hands on outside knee
- Hand on outside hip and point downhill with upper arm
- Two poles tapping downhill in the traverse, turn, do it again
- Poles across chest
- Canoe
- Chin over downhill foot
- Ski poles on hips pointing downhill
- Hockey stops then linked hockey stops (braquage)
- Demonstrate upper and lower body separation off of skis
- Place poles across back of knees and link turns
- Bounce basketball with uphill arm, shoot, turn

## **Skiers are leaning into the hill-tipping:**

Solutions (Technical Reference - Edging Control or Upper and lower body separation allows for angulation to provide grip)

- Lift the inside ski and pole so that balance is on the outside ski
- Hand on outside hip with opposite arm in the air
- Tap the snow or drag the outside ski pole while traversing
- Hop turn and land on edge
- Hockey stops - spray the snow
- Short edging stops across the hill
- Power plows
- Tug of wars between skiers - hold each other's poles and pull
- Rollerblade turns on shallow terrain
- Tuck turns, rolling ankles
- Traverse on edges
- J turn using edge - see how deep you can make the edge in the snow
- 10 to 2 o'clock on boot tops to get ski on edge
- Experiment with moving hip first or ankle first
- Lift up small toe on outside ski
- Lift inner knee to chest while traversing
- Lift uphill arm to pinch downhill waste
- Push uphill knee up the hill