



---

## Getting used to the Equipment

- Sliding skis back and forth on a spot;
- Walking with skis; gliding
- Stepping around
- Lifting skis alternately
- Snow flower,
- Climbing
- Jumping on the spot

## Straight Running

- Basic position; Explain and try in a flat place
- *Straight running* on a gentle slope
- touching the boot shafts in front
- Touching the boot tops on the sides
- lifting skis alternately

## Snowplow

- *Snowplow position (wedge)* in a flat place;
- Snowplow on the move.
- Straight running – snowplow – straight running - snowplow
- Stopping in snowplow on a sign (shout: “stop”)

## Snowplow turn

- *Snowplow turn* on one side till you stop – on the other side
- Linking snowplow turns
- Snowplow turns, focusing on turning the skis alternately
- Snowplow turns, focusing on pressing the outside ski
- Rhythmical snowplow turns
- “Magic button”
- Turning further uphill to control speed
- Drawing lines on the snow with both poles (for better upper body position)



---

## **Snowplow to Parallel -- via Rhythmical Snowplow Turns**

- rhythmical snowplow turns close to fall line
- focus on turning skis one at a time
- focus on pressing the skis one at the time
- focus on pole plant
- → inside ski comes parallel by itself (through rhythm)
- Short turns, focus on turning both legs at the same time
- Short parallel turns in formations

## **Snowplow turn to Parallel – via Stem Turn**

### Stem turn

- turn first uphill ski, then turn inside ski parallel
- go down (flex at ski joints) for steering the turn
- learn parallel steering by making single uphill turns

### From Stem turn to Parallel turn:

- increase speed
- smaller snowplow at the beginning of turn, shorter time in snowplow
- earlier weight shift to new outside ski
- up-and-forward movement towards the new turn at turn initiation

## **Parallel Turn**

- Rising up-and-forward into the new turn
- Learn to control steering phase in uphill turns
- Early weighting of the new outside ski
- Pole plant and rising “through the door” to start a new turn
- Parallel turn
- Linked parallel turns (first close to fall line, then rounder turns)



---

## Carving turns

### Long Carving turns (*Edging, Pressure, Timing*)

- Uphill turns, increase edging and pressure
- Skiing along the edges, long turns
- Start with knees, add hip and pressure gradually
- At turn initiation, move the upper body forward and into the new turn
- Long and middle radius carving turns
- Slow speed, up-and-down -> more speed, reduce up-and-down
- Start turns skidding, end carving
- Quick edge change and fast pressure at the beginning of the turn
- Start front, end on heel

### Short carving turns

- Short turns, tapping rhythm with ski sticks (singing a song)
- Short turns; hockey stop, 5 turns and hockey stop
  - Short turns, jump to lift ski tails off the snow after each turn
- Skiing along the edges, close to fall line, quick changes
- Focus on knees rolling into the new turn
- Funnel (start long > decrease turn radius gradually)
- Double pole plant
- Start front - end on heel
- Short carving turns on different kinds of slopes



---

## Children's ski school

### Warm up properly in cold weather before riding lift

- "Car Wash";
  - Song: "Head and shoulders and bum and knees and toes oh,... eyes and ears and tap your tummy once more; head and shoulders,...";
  - Warm up walking in a circle rubbing your friends shoulders"
- 
- Warm up "kick sled" (yksin → pareittain → ½ ryhmää → koko ryhmä)
  - Count your group; assign "tail light"
  - Slice of cake (snow plow) – fish sticks (parallel ski position)
  - Train (parallel) – boat (snow plow)
  - Ice hockey stop; "Putting out fire"
  - Indian
  - Bird
  - Stork
  - Magic button
  - Instructor Skis in front backwards, makes a formula track
  - Speedboat; canoeing
  - Playing Throw and catch while skiing
  - Using Cones, stubbies, poles

Safety! Fun! Toilet! Variation!