

Fore/Aft Balance Exercises

- 1000 Steps: Continuously stepping through turns.
- Switch skiing.
- Hop turns with tails on the snow.
- Hop turns with tips on the snow.
- Hop turns alternating between tips and tails on the snow.
- Leaning forward, gradually adjust fore/aft positioning toward the aft and return while making completed turns.
- 1 ski skiing.
- Patience Turns: Travers hill, unweight skis and let them fall into the fall line, using gravity to help complete the turn.
- Skating: Uphill, Downhill, Across fall line.
- Skiing in moguls.

Pressure Control Exercises

- 1000 Steps: Slow and Fast
- Airplane turns landing lightly: Balanced, light jump; Centered landing with even weight distribution; Rhythmic; Upper body remains relatively quiet.
- Falling leaf: With minimal body movement, press forward on the tips of the skis while moving forward with pressure on the balls of feet; feet and skis gradually move uphill to a stop; traverse backwards with reverse movements.
- Fish hook shaped turns: J-Turn.
- Flexion/Extension during long turns: Medium, groomed terrain to start; progress into steeper, more challenging terrain.
- Large radius turns with multiple snow sprays.
- Leg extension during the turn: Pressing on balls of feet.
- Leg flexion during the turn: Pulling toes up; pushing hips forward, independent of shoulders; pulling feet behind hips.
- Long radius turns in the moguls.
- Shuffle feet forward and back during the turn: Nordic skiing movement; legs move equal, opposing distance from center point.
- Ski with equal pressure on skis: Maintain good athletic stance and turn movements.
- Ski with varying pressure between skis: Explore different pressure ratios; be sure to include pressure ratios with more pressure on inside ski as well.
- Skiing crud and varying conditions.
- Step turns from downhill ski only: Pressing off downhill ski to step uphill with no weight on uphill ski.
- Step turns from uphill ski only: Pressing off uphill ski, bringing downhill ski up to match.
- Whirly birds: Can progress into “buttering” with varying speed of rotation and terrain pitch.
- Turns on the flexion: Remaining flexed through turn and through transition without extension element; maintain comfortable, relaxed body.

Side to Side Balance Exercises

- 1000 Steps
- 1000 Pole Plants: Continuous, alternating pole plants; maintain consistent rhythm; equal movements in each pole plant.
- Two step turns: Each turn, take two steps before transition.
- Arms crossed across chest with short turn.
- Changing corridor: Ski inside a corridor, move across hill into another corridor, continue for a few turns, move across hill into previous or other corridor.
- Changing radius: Hourglass turns, random patterns.
- Double pole plants: Hands move simultaneously.
- High tuck turns.
- Long radius turns in the moguls.
- Angulation drill: Downhill hand pressing hip into hill while inside hand points forward through turn; over-exaggerated shoulder leaning downhill.
- Sideslip drills with edge sets: Controlled edge set to decrease speed without full stop; can also come to complete, balanced stop between each sideslip; optional pole plan used with each edge set.
- Step turns.
- Synchronized skiing: Pair or more following leader with synchronized movement, side-by-side synchronized from leader.
- Traversing with downhill hand on downhill knee: Progression into linked turns, switching hands through transition.

Rotational Balance Exercises

- Double pole plant.
- Tray carriers: Holding poles horizontal, maintaining level platform regardless of slope pitch.
- High tuck turns.
- Hockey stops: Complete, balanced stop and hold for determined count; added pole plant optional; relaxed body.
- Counter rotation emphasis: Over-exaggerated counter rotation during longer turns.
- Emphasis of facing down the hill: Shoulder and hands facing downhill throughout turn; can incorporate holding holes vertically like a “picture frame” maintaining a point of reference.
- Varying hand placements: Hands folded across chest; hands in front with elbows tucked; hands holding tray.
- Pole plants with bamboo gates.

**Exercises adapted from USSA Level 100 Alpine Coaching Manual*

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