OUTSIDE SKI TURNS

Objective: To ski solely on the outside ski prior to, during and after the ski turn during medium radius highly carved turns.

Primary Skill: Edging

Justification: 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. 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.

Slope: Easy intermediate groomed terrain.

Description:

Skier makes eight carved GS radius turns with weight entirely over the outside ski

The inside ski is kept entirely off the snow during the turn

Skier stays on old outside ski for two ski lengths at the end of the turn

Skier makes an identifiable weight transfer

Skier initiates the new turn after a brief 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

Criteria for Perfect Execution:

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

Kid-Friendly Start Instructions:

Ski eight round, carved GS turns with all of your weight on your outside ski

Lift the inside ski off the snow for the whole turn

Between turns, step onto the uphill ski and lift the downhill as you traverse before you start into the turn

Your poles are only used for pole plants, do not drag them or use them for balance

Your speed is the same for all of the turns