

Straight run to sideslip with edge set

CLUB EXCELLENCE PRESENTS



Objective: To go straight down the fall-line then rotate both skis simultaneously until skis are perpendicular to fall-line to sideslip and finish with an edge set and pole plant.

Primary Skill: Rotary

Justification: Rotation of the ski is used in many ways. When combined with the skill of edging in one drill it makes this very ski-specific. It is similar to the rotary and edging demands involved with a steered turn entry to a carved completion.

Slope: Easy intermediate groomed terrain with a consistent fall-line.

Set-up: Using Whiskers placed every three meters lay out a .75 meter corridor 15 meters long in the fall- line. A finish, 1.75 meters in width is placed eight meters after the last set of Whiskers such that it centered with the previous corridor.

Description:

- Skier starts at the first Whiskers in a straight run down the fall-line
- Skis remain hip width
- After 15 meters in a straight run, both skis are pivoted across the fall-line
- Skier will maintain a sideslip for 6 meters in a corridor
- The skier stops with an edge set timed with the pole plant and holds stopped position for 3 seconds
- The test is performed with a stop in each direction

Criteria for perfect execution:

- Direction of travel does not deviate from fall-line
- Hip width stance in all phases of the drill
- Skis are pivoted simultaneously
- Skier remains in a ski width corridor
- Pole touch coincides with edge set

Scoring: Total score is the average of the left and right scores.

Starting with a perfect score of 10, subtract up to:

- 5 points for stepping or sequential movement to pivot
- 1 point for every ski length outside the desired sideslip corridor throughout the task
- 1 point for not coinciding pole touch with edge set
- 1 point for not maintaining edge set and quiet posture for 3 seconds at conclusion