

Performance Indicators and Actions – Long Turns (Level 2)	
	Performance thread pre-requisites
Equipment Environment Physical Psychological	<ul style="list-style-type: none"> • Piste focussed skis that are well serviced (Eq) • Focussed and continued concentration on the correct action point during the run (Ps) • Athlete hydrated with well managed energy levels (Ph) • The right arousal level for the performer in a particular circumstance (Ps) • Use an un-crowded slope with the right gradient and width of slope (En)

INDICATORS	Control of line	Control of speed
Encourage <i>(Accurate outcome)</i>	<ul style="list-style-type: none"> • Two clean lines in the snow (unless the task is otherwise) • Rhythmical, edge to edge carving • 2 skis parallel throughout the turn • Skis take a different line to CoM. CoM needs to travel across the hill more than in shorts 	<ul style="list-style-type: none"> • Consistent speed • Controlled speed • Have a clear exit from one turn to the next that carries speed from arc to arc
Discourage <i>(Inaccurate outcome)</i>	<ul style="list-style-type: none"> • Skidded turns • Static, unrhythmical turns with a pause or dead spot between turns • Divergent/convergent skis 	<ul style="list-style-type: none"> • Increase in speed down the hill throughout the run • Turns that are so slow the CoM is unable to flow down the hill for performance turns

PERFORMANCE ACTIONS – what performers can do to achieve the desired outcomes

Tactical	<ul style="list-style-type: none"> • Use of appropriate radius and arc length to control speed • Correct approach to account for equipment and snow conditions e.g. soft snow be subtle with edging movements, GS skis wider corridor, SL skis narrower corridor 			
Technical	Throughout Turn	Build	Work	Release
Steering Elements	<ul style="list-style-type: none"> • Stand on and tilt the outside ski whilst limiting active rotation • Allow the skis cross the skier's CoM in transition, which inevitably builds edge angle at the top of the turn • Pressure predominantly on the outside ski through the turn • Release the edge angle/pressure, progressively towards the end of the turn 			
Body Management	<ul style="list-style-type: none"> • Avoid making unnecessary vertical movements in transition – lateral movements made to initiate next turn • Move the CoM deeper inside the line of the skis (whilst in balance) through the middle of the turn to tighten the radius • A long, strong outside leg to resist forces through the middle of the turn • Allow the body to flow down the hill by separating both laterally and rotationally, this will help you to balance against the outside ski and will prevent the skier from getting trapped too deep, too late in the turn • An accurate pole touch to help with timing, separation and flow • No bending/softening/flexing for security. Flexion may be required to facilitate the lateral movements of the legs and upper body 			