

Performance Indicators and Actions – Short 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) • Focus 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)

INDICATORS	Control of line	Control of speed
Encourage (Accurate outcome)	<ul style="list-style-type: none"> • Rounded line, grip from the fall line • Limited corridor width • 2 skis parallel with consistent stance width • Skis steered progressively throughout the arc • Skis take a different line to CoM 	<ul style="list-style-type: none"> • A speed that allows the skis take a different line to CoM • Have a clear exit from one turn to the next that carries speed from arc to arc • Consistent and controlled speed
Discourage (Inaccurate outcome)	<ul style="list-style-type: none"> • Zig-zag or J-turns • Excessive skidding in the second part of the turn • Divergent/convergent skis • Down stems • Overly wide or narrow corridor 	<ul style="list-style-type: none"> • Too slow • Speed checks at end of turn • Increase in speed down the hill throughout the run

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

Tactical	<ul style="list-style-type: none"> • Use of line to control speed rather than excessive skid or check • Skiing with rhythm will be a big help • Set correct corridor width • Correct approach to account for equipment and snow conditions e.g. bullet ice – aim for precision, less speed, GS skis make a longer turn (vertical distance) 			
Technical	Throughout Turn	Build	Work	Release
Steering Elements	<ul style="list-style-type: none"> • Manage steering elements so that skis stay on the snow • Use of rotation to steer the skis throughout the arc • Stand on/balance against (pressure) the outside ski and engage edge and rotation progressively to start the turn • Feel more pressure on the outside ski through the middle/end part of the turn • Patience through transition and release the edge angle/pressure, progressively towards the end of the turn • In transition release the skis on a line which crosses that of the CoM, this will inevitably build edge angle in the new turn 			
Body Management	<ul style="list-style-type: none"> • The lower body will move more laterally than the hips and shoulders – this is lateral separation • Steer the skis more across the hill than the upper body – this is rotational separation that will be more apparent than in longer turns • Stretch the legs to keep the skis on the snow and match the lateral displacement of the skis • Re-centre the CoM fore/aft over the feet in order to work effectively • Shoulders more level compared to the lower body from the fall line onwards • Rhythmical, strong pole plant to help with timing, separation and flow • Use a pedalling movement with the legs to aid the transition from turn to turn 			