

Level 1 Teaching Progression Examples

1. Fore/Aft Pressure Control (Level 2)

- a) With skis off: move forward, aft and center by flexing/extending ankles, knees, hips
- b) With skis on: while standing still, move forward, aft and center by flexing/extending ankles, knees, hips
- c) In a straight run: move forward, aft and center flexing/extending ankles, knees, hips
- d) Gliding in a wedge: focus on staying centered flexing/extending ankles, knees, hips

2. Fore/Aft Pressure Control (Level 2-3)

- a) With skis on: while standing still move forward, aft and return to center by flexing/extending ankles only
- b) In a straight run move forward, aft and center by flexing/extending ankles only
- c) In a guided uphill arc: keep all joints appropriately flexed to stay centered
- d) Link wedge turns and focus on the newly found centered stance

3. Fore/Aft Pressure Control (Level 3-4)

- a) With skis on: flex/extend ankles, knees and hips to move forward, back and jump from snow.
- b) In a straight run (parallel or small wedge): jump and land maintaining a centered stance
- c) Link turns: remain centered and jump in the shaping phase of the turn
- d) Link turns: vary turn size and use terrain appropriately remaining centered on skis

4. Ski/Ski Pressure Control (Level 2-3)

- a) With skis off: pick up one foot and balance on the other foot. Repeat on the other side
- b) With skis on: pick up one ski and balance with other foot. Repeat on the other side
- c) In a straight run: pick up one ski and then the other, shifting balance from foot to foot
- d) Gliding in a wedge: pick up tail of one inside ski, and then the other, shifting balance from foot to foot

5. Ski/Ski Pressure Control (Level 2-3)

- a) Stand in a wedge: tip the torso and move COM from one ski to the other. Use ankles, knees and hips to maintain balance. Focus on the pressure change from foot to foot.
- b) Make a J-turn in a wedge: tip the torso toward the outside ski. Focus on the pressure change from foot to foot.
- c) Link J-turns in a wedge: shift pressure to and balance on outside ski. Repeat on the other outside ski
- d) Link wedge turns: shift pressure to and balance on outside ski. Repeat on the other outside ski

6. Ski/Ski Pressure Control (Level 3-4)

- a) With skis on: stand across the fall line, shift pressure to and balance on the downhill ski. Tap uphill ski on the snow
- b) In a J-turn: shift pressure to and balance on the outside ski, tap inside ski on the snow through the end of the turn
- c) In linked wedge turns, shift pressure to and balance on the outside ski. Tap inside ski on the snow through the end of the turn
- d) Link wedge turns without tapping. Direct pressure to and balance on outside ski before middle

of the turn

7. Rotational Control (Level 2)

- a) With skis off: turn feet and legs to make a wedge then turn feet and legs so skis are parallel
- b) With skis on: start with skis parallel. Turn feet and legs to create wedge with skis
- c) In a straight run: turn feet and legs to form wedge, turn feet and legs so skis are parallel. Repeat
- d) Make a series of gentle wedge turns using feet and legs to create wedge and turn skis each direction

8. Rotational Control (Level 3-4)

- a) On a flat area with skis on: step and turn one direction, turning a full circle. Do the same in the other direction
- b) On gentle slope, 45 degrees to fall line: glide and step-turn uphill to a stop. Start the turn with the uphill (inside) ski. Change directions across the fall line and repeat
- c) On gentle slope: step-turn into the fall line and continue step-turning to a stop. Start the turn with the downhill (inside) ski. Step turn both directions
- d) Link turns with focus of turning legs under stable upper body. Focus on the inside ski

9. Rotational Control (Level 2-3)

- a) With skis off: turn both feet and legs the same direction at same time. Keep the pelvis and upper body still
- b) With skis on at 45 degrees to fall line: use feet and legs beneath a stable pelvis to steer both skis uphill to a stop. Finish with pelvis and upper body facing initial direction
- c) From the fall line: make a guided uphill arc using feet and legs to steer skis beneath a stable pelvis and upper body
- d) Link turns: steer skis with feet and legs beneath a quiet upper body

10. Edging Control (Level 2)

- a) With skis on: stand still and tip skis on and off edge with feet and legs
- b) In a wedge traverse: tip skis from flat to uphill edges with feet and legs
- c) Link traverses with a wedge turn: tip skis on and off uphill edges during traverse
- d) Link wedge turns: focus on tipping skis on and off both edges with feet and legs

11. Edging Control (Level 3-4)

- a) On a flat area in a slight wedge: use feet and legs to tip skis side to side. Focus on the moment each ski flattens
- b) In a wedge traverse, tip skis to flatten uphill ski and increase edge angle of downhill ski
- c) Link wedge turns: tip the inside ski and flatten it at end of turn with corresponding foot and leg
- d) Link turns: tip the inside ski and flatten in different turn phases appropriate to terrain, turn size and speed

12. Edging Control (Level 2-3)

- a) On a flat area: use feet and legs to tip skis side to side. Focus on the moment each ski flattens
- b) On moderate pitch: stand across fall line, use feet and legs to flatten skis. Side slip and use feet and legs to tip skis uphill to a stop
- c) From 45 degrees to fall line: glide and use feet and legs to tip flat skis onto edges into an uphill

arc to stop (create a guided or carved uphill arc)

d) Link wedge turns and focus on tipping skis to uphill edges using feet and lower legs