

TECHNIQUE

ALL FRAMES

UPPER BODY FACING DOWNHILL
EQUAL ANKLE FLEXION

ANGULATION

TURN CONNECTION/
TRANSITION

INCLINATION

LONG LEG/SHORT LEG
PRESSURE IN THE FALL-LINE
EDGE ANGLE
BALANCE AGAINST THE OUTSIDE SKI

KEY CONCEPTS

Nine concepts that are fundamental to world-class performance

1. Upper Body Facing Downhill

The upper body is the pelvis and above. When viewed from the bottom of the hill, the upper body can be seen during all phases of the turn.

2. Equal Ankle Flexion

Both ankles are at the same angle of flexion throughout the turn.

3. Turn Connection/Transition

That moment in time when the turn is not a left or a right turn. Skis are basically flat against the snow. Sometimes called the "transition".

4. Inclination

At the start of the turn when the body is moving forward and into the new turn and has not yet formed any angles.

5. Angulation

The body is no longer straight but forming angles with the goal of tipping the skis up.

6. Long Leg/Short Leg

As the turn develops, the outside leg extends and the inside leg and hip flexes.

7. Pressure in the Fall-Line

The "fall-line" is the line straight down the hill. If you were to roll a ball down the hill, it would roll down the "fall-line". Pressure or the force against the ski is greatest when the skis are pointing down the hill.

8. Edge Angle

As the ski tips up it creates an angle. The highest edge angle will be in the fall-line.

9. Balance Against the Outside Ski

Stability that enables the skier to adjust edge and pressure along the length of the ski as needed.

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