

Hands on Hips

Challenge:

On a groomed moderate slope, in a balanced athletic position with hands firmly placed on hips with fingers forward and thumbs back link carved med. radius turns while maintaining constant stance width and matched skis (fore/aft and parallel). Use ankles and knees to roll skis and pressure skis.

Hands on hips helps the athlete match their skis, while staying on the outside ski and building pressure. It is a kinesthetic exercise that allows the athlete to feel flexion movements and muscle engagement of the entire leg, further building awareness of CoM positioning. Holding hands on hips impedes the athlete's ability to utilize their upper body to assist in turn initiation or to maintain dynamic balance. The challenge allows the athlete to feel appropriately "stacked" with their ankles, knees, hips and shoulders alignment, achieving dynamic balance through turn.

Equipment:

GS or SL skis

Look for:

CoM- balanced athletic position (fingers forward firmly placed on hips flexors and joints stacked

Feet hip width apart

Weight mostly on outside ski

lateral rolling of ankles and knees to create edge angles

Creating and managing pressure through flexion and extension of ankles, knees, and hips

Angulation occurs with upper and lower body separation, balanced over the outside ski

Up the ante:

Slope pitch

Shape and speed of turns

Terrain

Note:

Be aware of athletes using hip to load turn- encourage precision with gradual flexion, roll the ski on and pressure building angulation from feet to hip.