

Novice Skier

The ability level of the novice skier ranges from an athlete who can perform controlled linked turns on a novice course to an athlete who can perform Christie-type linked turns (skidded turns) on an intermediate course.

The novice skier will refine his/her beginner skills on the easiest slope on the mountain.

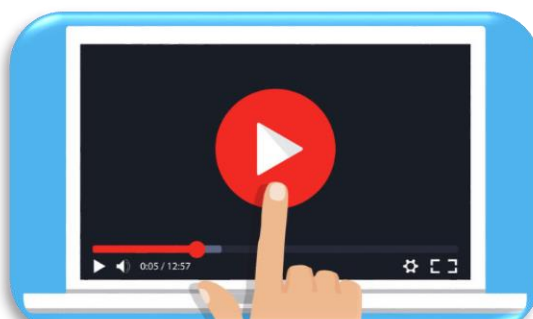
Can Your Athlete:

- Perform controlled linked turns on a novice course
- Develop necessary fundamental movement patterns through each turn
- Ski the easiest terrain on the mountain in control
- Vary turn shape and size
- Perform Christie-type turn (skidded turn)
- Perform Christie-type turn (skidded turn) on intermediate course



Controlled linked turns on a novice course

Athlete can ski on the easiest terrain, making rounded turns in both directions with rhythm and flow from turn to turn. Speed is under control for the entire length of the trail.



Controlled Link Turns (Novice Terrain)

Teaching Points – Controlled linked turns on a novice course

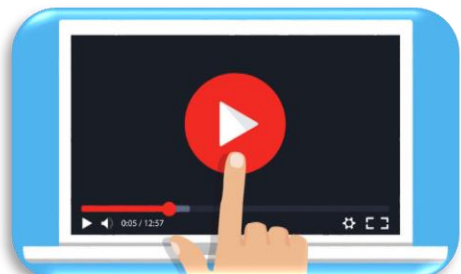
- Athlete can make rounded turns in both directions.
- Athlete maintains speed control while turning.
- Athlete can maintain speed control while turning as slope degree changes.
- Athlete can maintain control while turning in a variety of snow conditions.
- Athlete can understand moving between gates from red to blue.

Faults & Fixes – Controlled linked turns on a novice course

Error	Correction	Drill Reference
Athlete cannot maintain speed control while slope degree changes.	Lack of edge control while terrain changes. Edging drills to enhance edging. Work on turn completion.	Hockey stops Count slowly to 3 while athlete is turning.
Athlete cannot make rounded turns.	Provide visual cues to promote rounded turn shape.	Use cones or halved tennis balls as turn guides.
Athlete cannot maintain balance in adverse (icy/soft) conditions.	Review balanced, centered stance position.	

Develop fundamental movement patterns through the turn

Athlete moves the center of mass smoothly through the turn in the direction of the new turn to initiate the new turn. Athlete is able to skid the skis through the end of the turn.



Fundamental Movement Patterns Through the Turn 1



Fundamental Movement Patterns Through the Turn 2

Teaching Points – Develop fundamental movement patterns through the turn

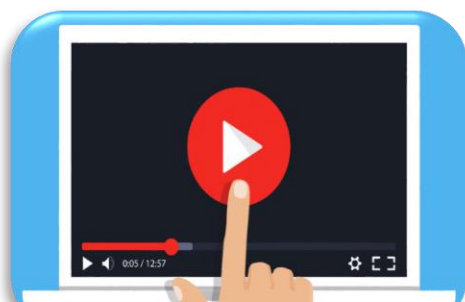
- Athlete can move center of mass in the direction of the new turn.
- Athlete flexes ankles as the skis move through the turn.
- Athlete makes rounded turns.
- Athlete transfers weight laterally from one ski to the other during the turn.

Faults & Fixes – Develop fundamental movement patterns through the turn

Error	Correction	Drill Reference
Athlete leans back.	Athlete needs ankle flex. Boots are too stiff.	Squash the grape/orange
Athlete steers too far around.	Coach assists the athlete with verbal cues to start the next turn.	Ski poles balanced on wrist, upper body faced downhill.
Lack of weight transfer.	Weight on outside ski. Wedge turns.	Exaggerated wedge turns with flexion-extension.

Ski the easiest terrain on the mountain under control

Athletes are able to ride the appropriate lift independently and ski all of the easiest terrain available. They will maintain rounded turn shape and speed control while skiing independently, if disability permits.



Ski on the Easiest Terrain

Teaching Points – Ski the easiest terrain on the mountain under control

- Athlete can ride all appropriate lifts independently if/when appropriate.
- Athlete can consistently make rounded turns on easiest terrain.
- Athlete can stop immediately when needed.
- Skiing the easiest terrain on the mountain is obviously in the comfort zone of the athlete.

Faults & Fixes – Ski the easiest terrain on the mountain under control

Error	Correction	Drill Reference
Athlete cannot ride lift independently.	Coach gives cues to initiate loading and unloading. Practice with coach in chair behind.	Use one-word loading/unloading cues.
Athlete cannot make rounded turns.	Coach cues when to finish one turn and start the new turn.	Use cones or red dye in the snow as visual aids to initiate and indicate the path of rounder turns.

Vary turn size and shape

Athlete can perform long, medium and short radius turn. Athlete is able to execute different shaped turns with a smooth transition.

Teaching Points – Vary turn size and shape

- Athlete can perform long, medium and shorter radius turns.
- Athlete can maintain speed while changing radius of turns.
- Athlete can ski around cones, gates or other obstacles as necessary.

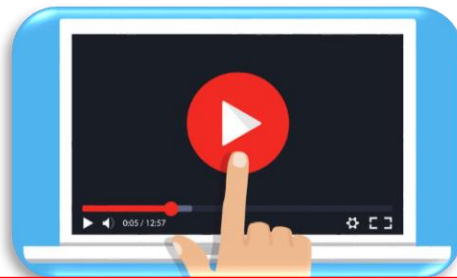
Faults & Fixes – Vary turn size and shape

Error	Correction	Drill Reference
Athlete over –rotates, making it hard to get the new turn started.	Short radius turns.	Ski poles over wrists. Exaggerated upper body faced down the hill or fall line.
Athlete cannot do short radius turns.	Athlete is working on terrain that is too steep for the manoeuvre.	Skating on flat or easiest terrain.
Athlete picks up speed in his/her descent down the hill.	Athlete needs to work on edge management while turning.	Sideslip with a stop.



Perform a Christie-type turn (skidded turn)

Athlete can move from a wedge turn to a skidded turn in both directions.



Christie-Type Turn

Teaching Points – Perform a Christie-type turn (skidded turn)

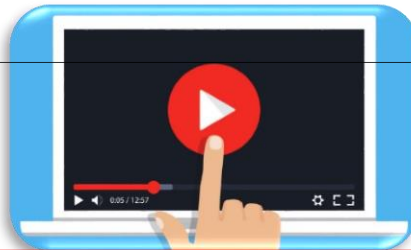
- Athlete can do a traverse across the hill in both directions.
- Athlete can do a forward sideslip in both directions.
- Athlete can ski comfortably on the easiest terrain on the hill.
- Athlete can do a wedge turn with a traverse at the end of the turn.
- Athlete can do a wedge turn with a forward sideslip at the end of the turn.

Faults & Fixes – Perform a Christie-type turn (skidded turn)

Error	Correction	Drill Reference
Athlete cannot hold an edge doing a traverse.	Athlete cannot stay on edge. Athlete is not in a balanced stance.	Coach stands below the athlete and moves the knees into the hill. Coach stands below the athlete and tries to pull the athlete down the hill, while athlete tries to hold position on the hill. Bunny Hops
Athlete cannot do a forward sideslip.	Athlete is leaning into the hill. Athlete learns edge release.	Garlands

Perform Christie-type linked turns (skidded turns) on an intermediate course

Athlete can perform skidded turns on intermediate terrain through gates on the same hill.



Christie-Type Turn on Intermediate Terrain

Teaching Points – Perform Christie-type linked turns (skidded turns) on an course

- Athlete can perform Christie-type turns on intermediate terrain.
- Athlete can maintain rounded turn shape while skiing on a course.
- Athlete is comfortable with increased speed of the intermediate terrain.

Faults & Fixes – Perform Christie-type linked turns (skidded turns) on an intermediate course

Error	Correction	Drill Reference
Athlete skis at each gate.	Round out each turn by setting up for turn earlier.	Use cones or brushes as turning gates.
Athlete is not ready for intermediate course.	Go back to easier terrain or same hill with no gates and solidify skills.	Linked Christie-type turns on appropriate terrain
Athlete goes back to using a wedge, with no movement.	Athlete is on terrain that is too steep. Athlete should spend more time on gentler terrain and work on skills.	Linked Christie-type turns on appropriate terrain