

Alpine Skiing Video Resources

Walk in Ski Boots: <https://www.youtube.com/watch?v=kf-K6LUCkh4>

Walk on Skis on Snow: <https://www.youtube.com/watch?v=HarSJIQd0MI>

Side Step: <https://www.youtube.com/watch?v=YTEf9kwl4Dg>

Straight Run/ Wedge 1: <https://www.youtube.com/watch?v=Zspo3LWLQw0>

Straight Run/ Wedge 2: <https://www.youtube.com/watch?v=78eaTfG5DF8>

Straight Run/ Wedge 3: <https://www.youtube.com/watch?v=AApgH4u3LDw>

Wedge Turn to Stop: <https://www.youtube.com/watch?v=ZLI2AoxhCNk>

Flat Ski Turn to Stop: <https://www.youtube.com/watch?v=4Au2FezWadE>

Riding Ski Lift 1: <https://www.youtube.com/watch?v=BL0guQ2VGIA>

Riding Ski Lift 2: <https://www.youtube.com/watch?v=eu8PaH6Abs4>

Controlled Link Turns (Easy Terrain): <https://www.youtube.com/watch?v=6AhavsYsNMO>

Controlled Link Turns (Novice Terrain): <https://www.youtube.com/watch?v=6AhavsYsNMO>

Fundamental Movement Patterns through the Turn 1: <https://www.youtube.com/watch?v=HlxBVI1Gr6A>

Fundamental Movement Patterns through the Turn 2: https://www.youtube.com/watch?v=9bAjC4-6J_8

Ski on the Easiest Terrain: <https://www.youtube.com/watch?v=Tkuxfj4W8-g>

Christie-Type Turn: <https://www.youtube.com/watch?v=gVeul4Ozbeo>

Christie-Type Turn on Intermediate Terrain: <https://www.youtube.com/watch?v=gVeul4Ozbeo>

Christie-Type Link Turns (Intermediate Terrain): <https://www.youtube.com/watch?v=gVeul4Ozbeo>

Fundamental Movement Patterns through the Turn: https://www.youtube.com/watch?v=9bAjC4-6J_8

Change Turn Radius: <https://www.youtube.com/watch?v=IDUWwPKOWAI>

Open Parallel Turns: <https://www.youtube.com/watch?v=OFBWc1mZ9D4>

Open Parallel Turns (Intermediate Course): <https://www.youtube.com/watch?v=aSF7Kshzjsg>

Open Parallel Turns (Advanced Terrain): <https://www.youtube.com/watch?v=DVQB0Cuxzrc>

Increase/ Decrease Speed: https://www.youtube.com/watch?v=Nh_Cd4Exaxl

Carve Turns: <https://www.youtube.com/watch?v=QqTLdZwC8Bg>