

Move from a solid stance to gain balance and control

By Dan Egan / www.skiclincs.com

Photos by Eric Lipton

Skiers are always looking for ways to improve their technique and the best way to set up for success is to be in an athletic balance stance on your skis. Once skiers understand that the stance is the foundation from which all else grows they not only improve their technique but they will be able to adjust the skills they process quicker and more efficiently. This racer could be a linebacker or a hockey player, he looks powerful and balanced with a wide platform ready to explode into the next turn.



Below a skier looks happy to be out of balance and with his body is behind his feet.



The key to being balanced is to keep your body over your feet. Study the images of ski racers to understand where your body should be on skis. This guy looks ready for anything the mountain can throw at him. With his feet under his body he is athletic and dynamic.



Here you can see the skier is poised over her feet, knees, shoulders and hands leading the way. Notice balanced skiers have bent knees which provide range of motion.



When the lower body is stiff it limits the range of motion and the overall balance of the skiers, which means any change in terrain or conditions will throw the skier off balance.



Another common problem is that a stiff downhill leg positions the hip in an inflexible position and the uphill leg is forced out in-front of the body. This creates a very stagnant position and creates a skidding ski.



Remember, skiing is a dynamic moving sport, to remain in balance, keep your body over your feet in an athletic stance.



Find your balance at www.skiclincs.com this winter on an adventure guided ski camp!