

Stand over your feet

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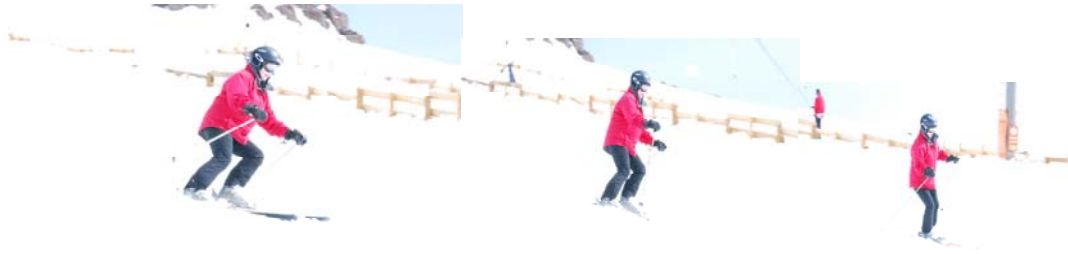
In today's world of ski teaching "up" is rarely spoken of or taught. "Through" is the movement described for hip movement. The problem I have with this is most skiers are following their feet or have their hips and shoulders behind their feet, thus not creating enough tip pressure for the ski to initiate a carved turn. In this case below even the hands are behind the feet.



Racers know they have to stand over their feet for to maintain control, balance and speed. They do it by creating angles starting with the ankles, knees and hips.



I have found the best way for intermediate skiers to experience the proper position of standing over their feet is to simply have them stand up and get the hips over the feet! Once they experience this then we start to work on efficient motion and movement of hips. Below the skier stands up, over her feet and experiences the front of the ski for turn initiation.



Here the skier stands up to move the hips over their feet. Notice how the uphill leg comes into position as the skier stands up over her feet. From this position the skier is ready to accept the fall line and make the next turn.

Racers do this too. The legs move under the body through the transition of the turn and out away from the body.



Here in the chute I keep my upper body over my feet and move my hips over my feet in the transition as I spring up, this keeps me fluid and loose so I can control my speed in the narrow neck of the chute.



A complete range of motion is needed in skiing. There is no one position we stand in. This is a dynamic moving sport and when you explore "All Mountain Skiing" you need all the tools in your tool box.

For more ski tips and great trips log onto www.skiclincs.com.