



The Skier's Toolbox

All Mountain Skiing

STANCE

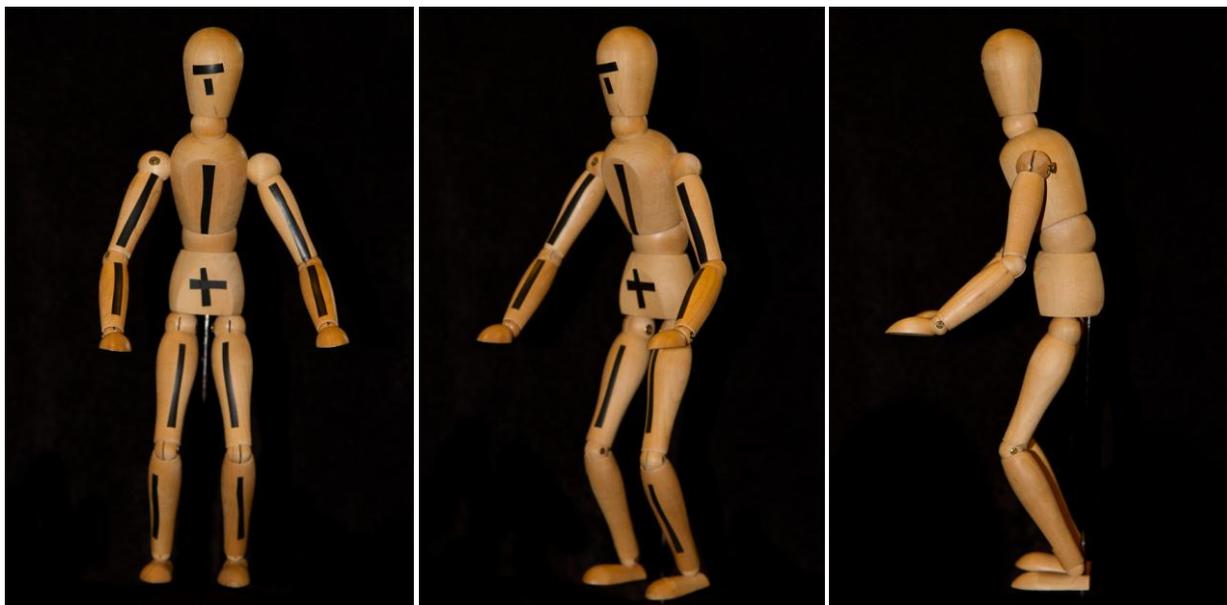
Correct stance allows the skier to make the necessary movements to ski effectively, and to react to what is happening.

Imagine you are a goal-keeper facing a penalty. Your ready stance is not the position in which you will actually save the ball, but is one that allows you to quickly get to whatever position is required to catch the ball.

Your feet should be hip width apart, making your skis flat on the snow. If your feet are too close together you will be skiing on your outside edges, and there will not be enough space to make the necessary side-wards movements. If your feet are too far apart you will be running on your outside edges, putting excessive strain on your knees, and will find it difficult to make the transition from one edge to another.

Your ankles, knees & stomach should all be flexed. Your weight should be on the ball of your foot. There should be 2 imaginary vertical lines, one connecting your toes, knees and shoulders, the other connecting your heels & bottom.

Your hands should be forwards, with your elbows bent and clear of your body.





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Common Faults

Ankle Flex

Most skiers do not bend their ankles enough. Stand in your skiing stance, and try just bending your knees. Your weight will move backwards and eventually you will fall over, no matter how much you bend at the stomach. Now repeat the exercise bending your ankles as well, and trying to keep your weight on the balls of your feet.

Hands Back

If you ski with your hands at your sides this tends to bring your shoulders up which moves your weight back. Try imagining you are carrying a hoop. Often, just checking you can see your hands is sufficient.

Rigid

Your skiing stance is a position to move & react from, and then return to. If you are rigidly stuck in your correct stance then you will be unable to make the necessary movements.