

Performance Indicators and Actions – Long Turns (Level 1)	
	<b>Performance thread pre-requisites</b>
<b>Equipment</b> <b>Environment</b> <b>Physical</b> <b>Psychological</b>	<ul style="list-style-type: none"> <li>• Piste focussed skis that are well serviced (Eq)</li> <li>• Pick the correct terrain, wide, smooth and not too steep (En)</li> <li>• Focussed and continued concentration on the correct action point, maintaining motivation for the task (Ps)</li> <li>• Skier needs to allow the skis to track along the edges, this may feel like giving up some control (Ps)</li> <li>• Athlete hydrated with well managed energy levels (Ph)</li> </ul>

INDICATORS	Control of line	Control of speed
<b>Encourage</b> <i>(Accurate outcome)</i>	<ul style="list-style-type: none"> <li>• Clean carve the second part of the turn</li> <li>• 2 skis parallel throughout the turn</li> <li>• Encourage turns to be flowing, smooth, linked</li> <li>• Open lines, without trying to overly influence the radius</li> </ul>	<ul style="list-style-type: none"> <li>• Slower speed</li> <li>• Controlled speed</li> </ul>
<b>Discourage</b> <i>(Inaccurate outcome)</i>	<ul style="list-style-type: none"> <li>• Skidding turns after the fall line</li> <li>• Divergent/convergent skis</li> <li>• Traversing without the carve shape in the arc</li> </ul>	<ul style="list-style-type: none"> <li>• Increase in speed down the hill throughout the run</li> <li>• Travelling too slowly to make it easy</li> </ul>

PERFORMANCE ACTIONS – what performers can do to achieve the desired outcomes				
<b>Tactical</b>	<ul style="list-style-type: none"> <li>• Correct approach to account for equipment and snow conditions e.g. soft snow be subtle with edging movements, GS skis wider corridor, SL skis narrower corridor</li> <li>• Decide at which point in the arc the skier will be able to clean carve without losing control of line and speed</li> </ul>			
<b>Technical</b>	<b>Throughout Turn</b>	<b>Build</b>	<b>Work</b>	<b>Release</b>
<b>Steering Elements</b>	<ul style="list-style-type: none"> <li>• Limited active rotation when the performer wants to clean carve during the arc</li> <li>• Encourage smooth edging movements without pauses</li> <li>• Stand against the outside ski</li> <li>• Tilt the skis to engage the edges as the speed picks up</li> <li>• Allow and feel the pressure to build more on the outside ski</li> <li>• The amount of edge angle necessary is relatively limited, don't try to squeeze too much out</li> <li>• Release the edges gradually and be patient through transition</li> </ul>			
<b>Body Management</b>	<ul style="list-style-type: none"> <li>• Stay in a strong and simple stance which allows the movement required</li> <li>• Try to use all the skiing joints to create the edge angle in a comfortable and biomechanically sound way. Shouldn't need any funky shapes to achieve the minimal edge angle required</li> <li>• Feel how separation builds gently and smoothly as edge angle increases. It need not be forced.</li> <li>• No unnecessary vertical movements in transition – use lateral movements to initiate next turn</li> </ul>			