

Performance Indicators and Actions – Short Turns (Level 1)

	Performance thread pre-requisites
Equipment Environment Physical Psychological	<ul style="list-style-type: none"> • Piste focussed skis that are well serviced (Eq) • Focus and continued concentration on the correct action point during the run (Ps) • Athlete hydrated with well managed energy levels (Ph) • The right arousal level for the performer in a particular circumstance (Ps)

INDICATORS	Control of line	Control of speed
Encourage (Accurate outcome)	<ul style="list-style-type: none"> • Rounded line • Limited corridor width • 2 skis largely parallel with consistent stance width throughout • Skis steered progressively throughout the arc 	<ul style="list-style-type: none"> • A speed that allows the skis to remain parallel easily, without a stem. • Consistent and controlled speed
Discourage (Inaccurate outcome)	<ul style="list-style-type: none"> • Zig-zag turns • Divergent/convergent skis • Down stems • Overly wide or narrow corridor 	<ul style="list-style-type: none"> • Speed checks at end of turn • Increase in speed down the hill throughout the run

PERFORMANCE ACTIONS – what performers can do to achieve the desired outcomes

Tactical	<ul style="list-style-type: none"> • Some use of line to control speed rather than excessive skid or check • Set a correct corridor width • Set a consistent rhythm and the correct tempo for short turns 			
Technical	Throughout Turn	Build	Work	Release
Steering Elements	<ul style="list-style-type: none"> • Use rotation to steer the skis throughout the arc progressively • Manage steering elements so that skis stay on the snow • Pressure built on the outside ski (and released from the old outside ski) early in the arc • Effective (gripping) edge after the fall line • Release the edge angle/pressure, progressively towards the end of the turn 			
Body Management	<ul style="list-style-type: none"> • Shoulders more level compared to the lower body • Skis steered across the hill more than the upper body • Use a pedalling movement with the legs to aid the transition from turn to turn • Forward/lateral movement during turn initiation to remain centred and balanced in the fall line • Balance against the outside ski should be achieved by the fall line • Rhythmical, accurate pole plant to help with timing, separation and flow 			