

Performance Indicators and Actions – Bumps (Level 2)

	Performance thread pre-requisites
Equipment Environment Physical Psychological	<ul style="list-style-type: none"> • An approach that effectively adapts to the visibility, terrain, performance context (En/Ps) • Focus and continued concentration on the correct action point during the run (Ps) • Choose a line, and commit to it, as indecision will ruin the flow. (Ps) • The right arousal level for the performer in a particular circumstance (Ps) • Athlete hydrated with well managed energy levels (Ph)

INDICATORS	Control of line	Control of speed
Encourage (Accurate outcome)	<ul style="list-style-type: none"> • Narrow corridor • Two skis taking the same line • Linked turns 	<ul style="list-style-type: none"> • A consistent speed
Discourage (Inaccurate outcome)	<ul style="list-style-type: none"> • Traversing • Uncontrolled air time • A wide corridor that hampers flow 	<ul style="list-style-type: none"> • Stopping • Skiing too fast

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

Tactical	<ul style="list-style-type: none"> • Ski an inside line to control speed • Experiment with other lines to develop performance • When using scraping to control speed start the next turn before you slow down too much • Choose a speed and line that will allow you to stay in balance
Technical	<ul style="list-style-type: none"> • Use the terrain to aid rotation of the skis • When skiing an inside line rotate at the top of the turn and then use edge to control skid • Begin to use extension and flexion of the legs when terrain and speed require pressure management
Steering Elements	
Body Management	<ul style="list-style-type: none"> • Use a narrow stance to facilitate speed of movement (agility) and aid simultaneous edging and rotation. It will also ensure that both skis will hit similar terrain at the same time • Separate the upper and lower body rotationally to aid speed of movement from turn to turn • Good fore/aft positioning of the feet to facilitate vertical movements of the legs. The feet need to be ahead of the CoM before flexion • An appropriately upright, open posture as a base position allowing for a greater range of flexion and extension in the joints • Strong, accurate and symmetrical pole plant that aids stability and timing • Level shoulders, allowing the legs to work under a stable upper body