

Performance Indicators and Actions – Steeps (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) • Focussed and continued concentration on the correct action point during the run (Ps) • Athlete hydrated with well managed energy levels (Ph)

In the interest of limiting repetition there is a lot of content in the short turn PIAs that is applicable here.

INDICATORS	Control of line	Control of speed
Encourage <i>(Accurate outcome)</i>	<ul style="list-style-type: none"> • Linked turns • Rhythmical line • 2 skis parallel with consistent stance width throughout 	<ul style="list-style-type: none"> • Use appropriate arc length to control speed where possible • Use skid and check when necessary
Discourage <i>(Inaccurate outcome)</i>	<ul style="list-style-type: none"> • Traversing • Turns that do not match the terrain • Divergent/convergent skis 	<ul style="list-style-type: none"> • Increase in speed down the hill throughout the run • Looking for so much security that the skier almost stops after each turn
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 • Use the terrain to help turn initiation • Use terrain to help control speed e.g. up the side of a gully to slow down 	
Technical Steering Elements	<ul style="list-style-type: none"> • Use rotation and edge without pressure at the top of the turn to control line • Continue rotating through the fall line to use skid as a means of speed control • Engage edge and pressure after the fall line to control speed through arc length • Rotate until skis are perpendicular to the fall line then apply edge to control speed through checking • Use both edge and rotation to manage pressure within the turn to maintain a rhythmical, flowing descent • Use accurate flexion/extension of the legs to manage pressure resulting from terrain 	
Body Management	<ul style="list-style-type: none"> • Balance over the downhill ski to maintain pressure, lateral and rotational separation will help • Be prepared to initiate the turn on the steeps with the upper body, this is rotational separation • Use a strong pole plant to help with timing, separation and flow 	