

Performance Indicators and Actions – Variables (Level 2)	
	<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>• An approach that effectively adapts to the visibility, terrain, performance context (En/Ps)</li> <li>• Focussed and continued concentration on the correct action point during the run (Ps)</li> <li>• Athlete hydrated with well managed energy levels (Ph)</li> </ul>

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

INDICATORS	Control of line	Control of speed
<b>Encourage</b> <i>(Accurate outcome)</i>	<ul style="list-style-type: none"> <li>• Rounded turns</li> <li>• Rhythmical line</li> <li>• Change the radius and arc length to match terrain/task</li> <li>• 2 skis parallel with consistent stance width</li> <li>• Skis take a different line to CoM</li> </ul>	<ul style="list-style-type: none"> <li>• Consistent speed</li> <li>• Ski to the minimum speed appropriate for the snow conditions e.g. in deep snow you need enough speed to prevent the skis sinking</li> </ul>
<b>Discourage</b> <i>(Inaccurate outcome)</i>	<ul style="list-style-type: none"> <li>• Overly skidded turns</li> <li>• Zig-zag turns</li> <li>• Park and ride turns</li> <li>• Skiing too far round the arc</li> <li>• Divergent/convergent skis</li> </ul>	<ul style="list-style-type: none"> <li>• Increase in speed down the hill throughout the run</li> </ul>
PERFORMANCE ACTIONS – what performers can do to achieve the desired outcomes		
<b>Tactical</b>	<ul style="list-style-type: none"> <li>• When starting a descent, ski the fall line to generate enough speed to make the first turn</li> <li>• Use of line to control speed rather than excessive skid or check</li> <li>• The correct approach – radius and turn shape would be different in deeper snow where the snow itself slows you down, allowing the skier to spend more time in the fall line</li> <li>• Use the terrain to help turn initiation</li> <li>• Use terrain to help control speed e.g. up the side of a gully to slow down</li> </ul>	
<b>Technical</b> <b>Steering Elements</b>	<ul style="list-style-type: none"> <li>• Use both edge and rotation to manage pressure within the turn so that the skis perform and travel along their own length throughout the arc</li> <li>• Use accurate flexion/extension of the legs to manage pressure resulting from terrain</li> <li>• Be prepared to pressure the inside ski more than you might on the piste</li> </ul>	
<b>Body Management</b>	<ul style="list-style-type: none"> <li>• Allow the body to flow down the hill by separating both laterally and rotationally, this will help you to balance against the outside ski and will prevent the skier from getting trapped too deep, too late in the turn</li> <li>• In deep snow turns can be initiated with the upper body. You don't need the "platform" that is required on the piste and can afford to get the skis away from the body more freely.</li> <li>• An accurate pole plant to help with timing, separation and flow</li> <li>• In deep or awkward snow it often helps to narrow the stance width</li> </ul>	