Coaches and Racers. This past summer we have been working with a high level skier, Seppi Stiegler. He has a drill that combines all the basic movements and drills that we currently teach. I will point out the individual drills through the entire sequence. On hill we can teach each portion broken down to individual drills and then combine the sequence. Seppi calls it the Tension Drill. It is similar to the modified Javelin drill that we have used in the recent years. We made significant progress this summer focusing on this drill , and we are very excited to share it with the entire program.

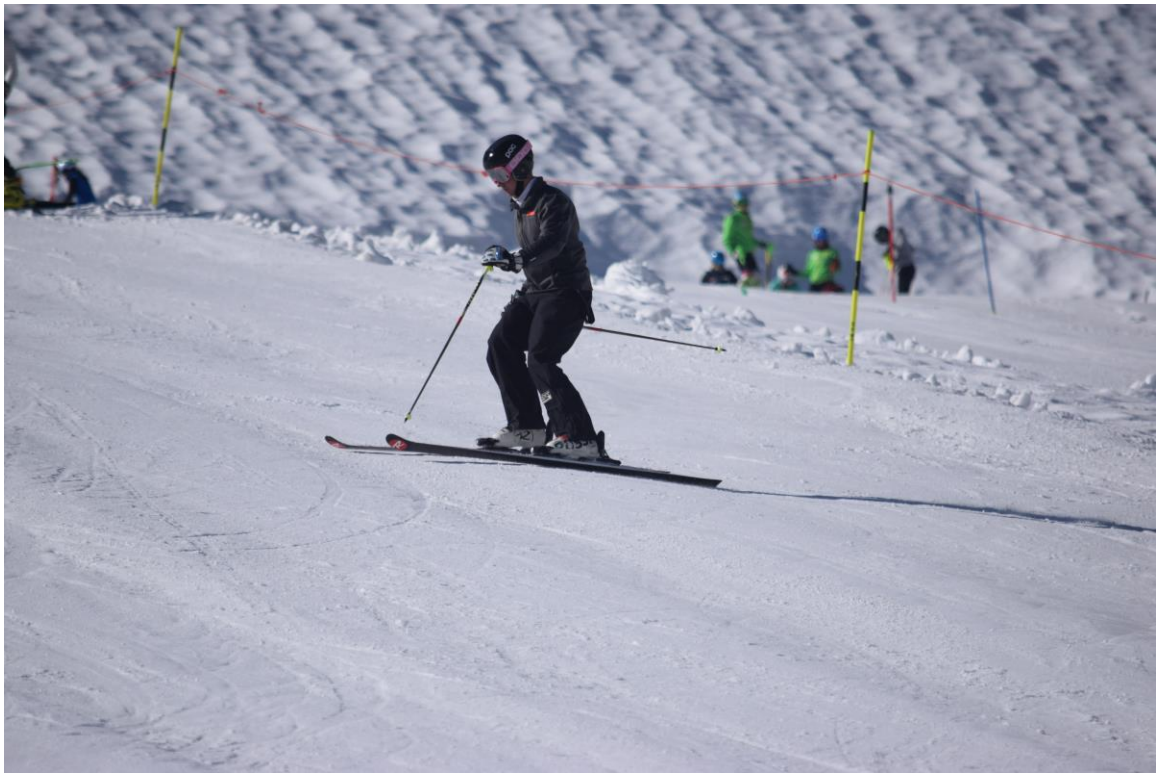
It all begins with the standard USSA terminology that we have utilized for many years.

Athletic Stance: Skier has a balanced and centered stance with parallel skis and weight evenly distributed over both skis.

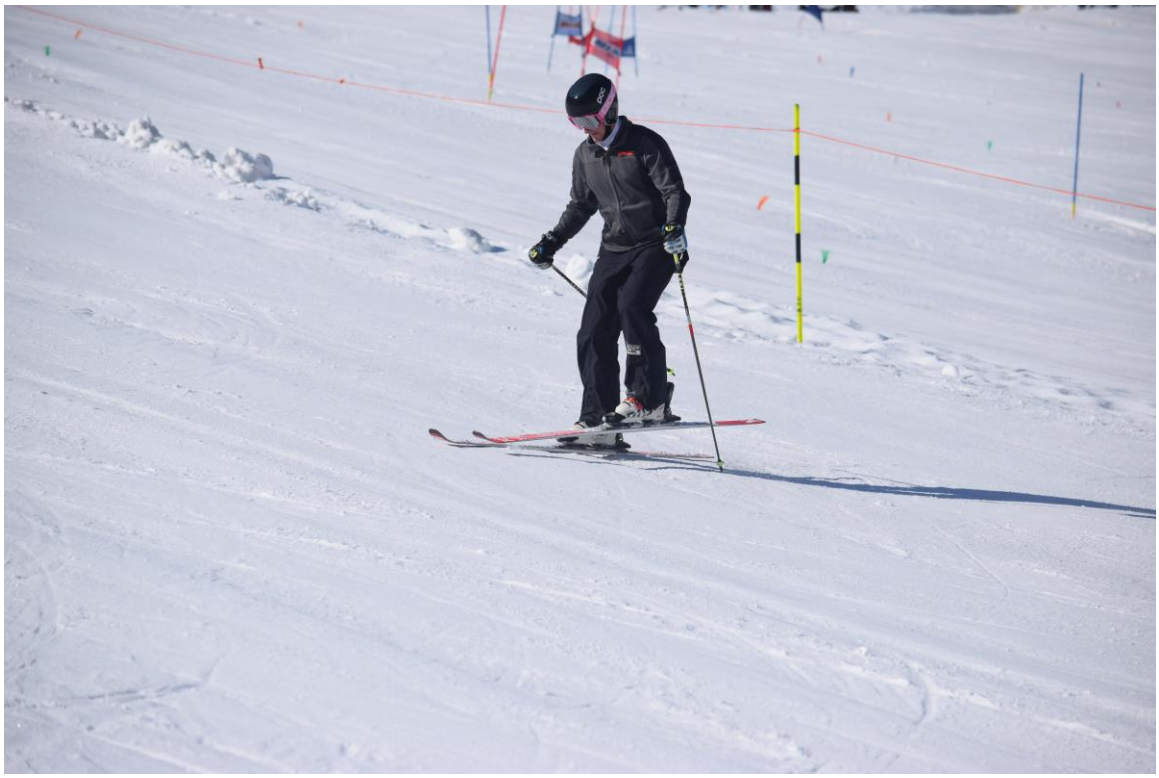
- Hips are facing (square) in the direction of the skis.
- The skier has hands out comfortably in front of the body and is looking ahead in the direction of travel.

• Skier has balance over the middle of the ski with flexion in the ankle, knees and hips.

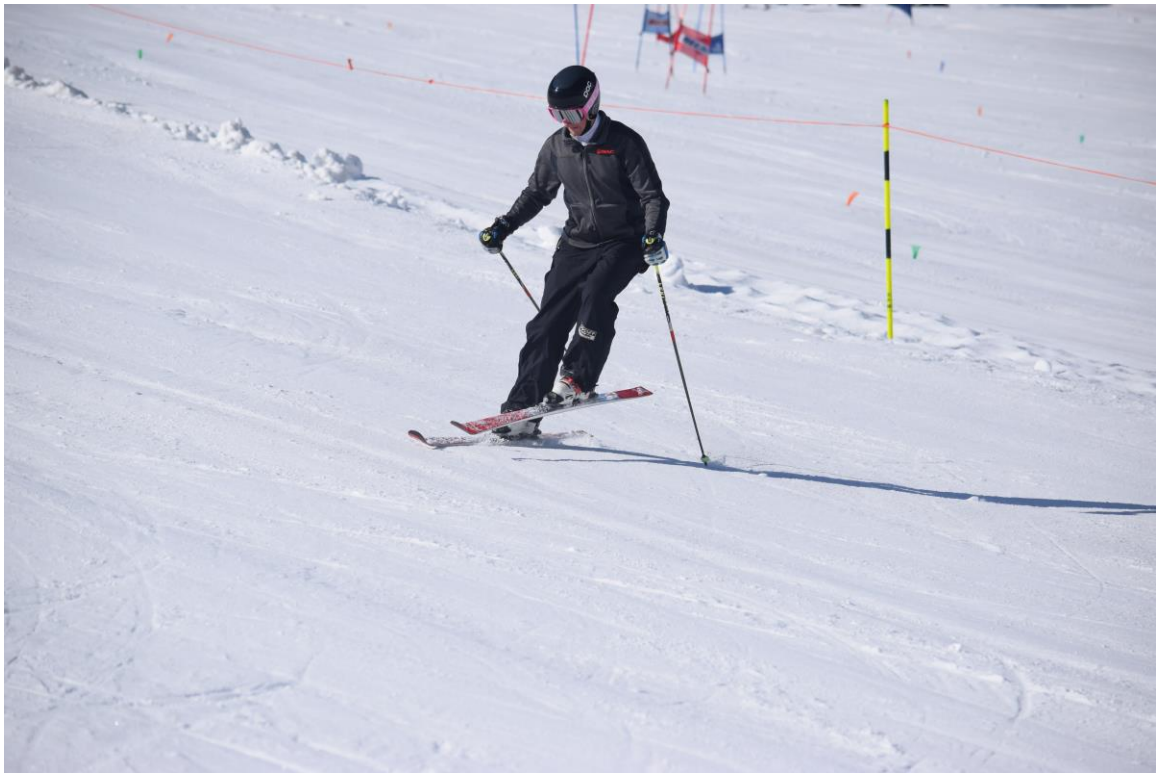
- The posture is upright with a curve in the back.
- The skier has hands out in front of the body and is looking ahead in the direction of travel.



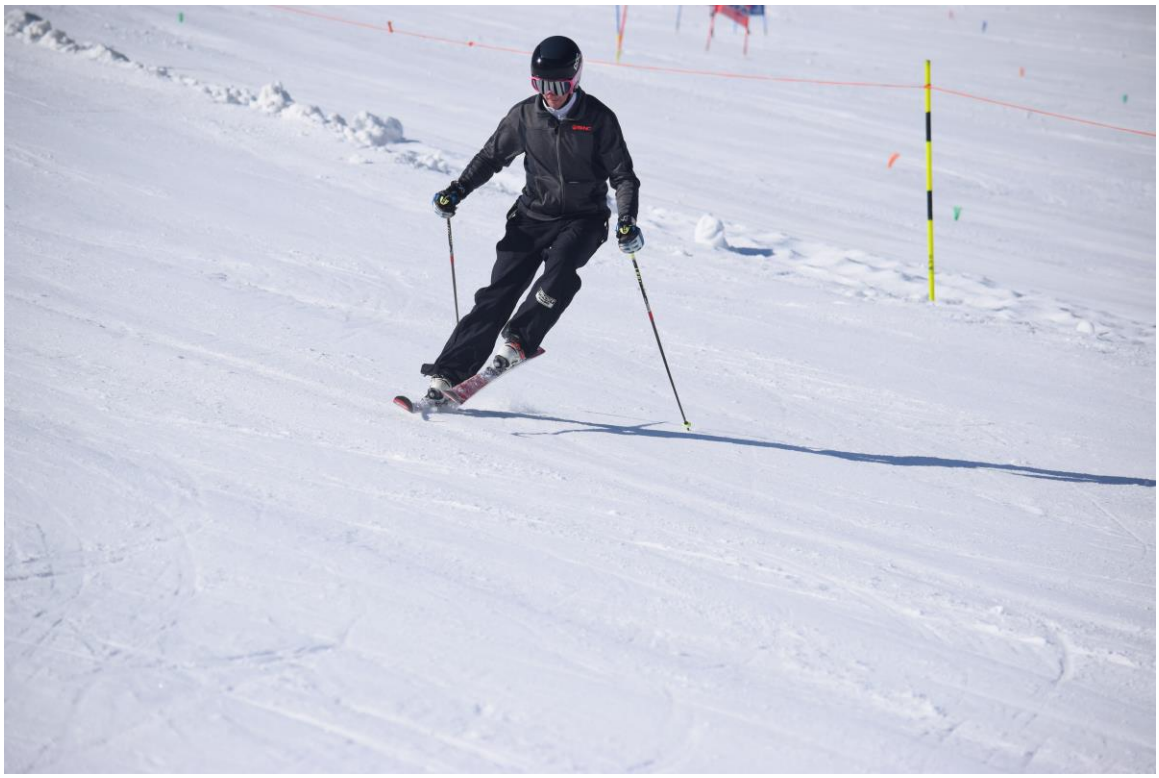
Weight transfer: Movement to new outside ski, uphill foot, as you travel across the hill. Weight transfer happens at mid point and/or many times well before mid-point. Learning to ride uphill foot, uphill edge, and early full transferred, is very important.



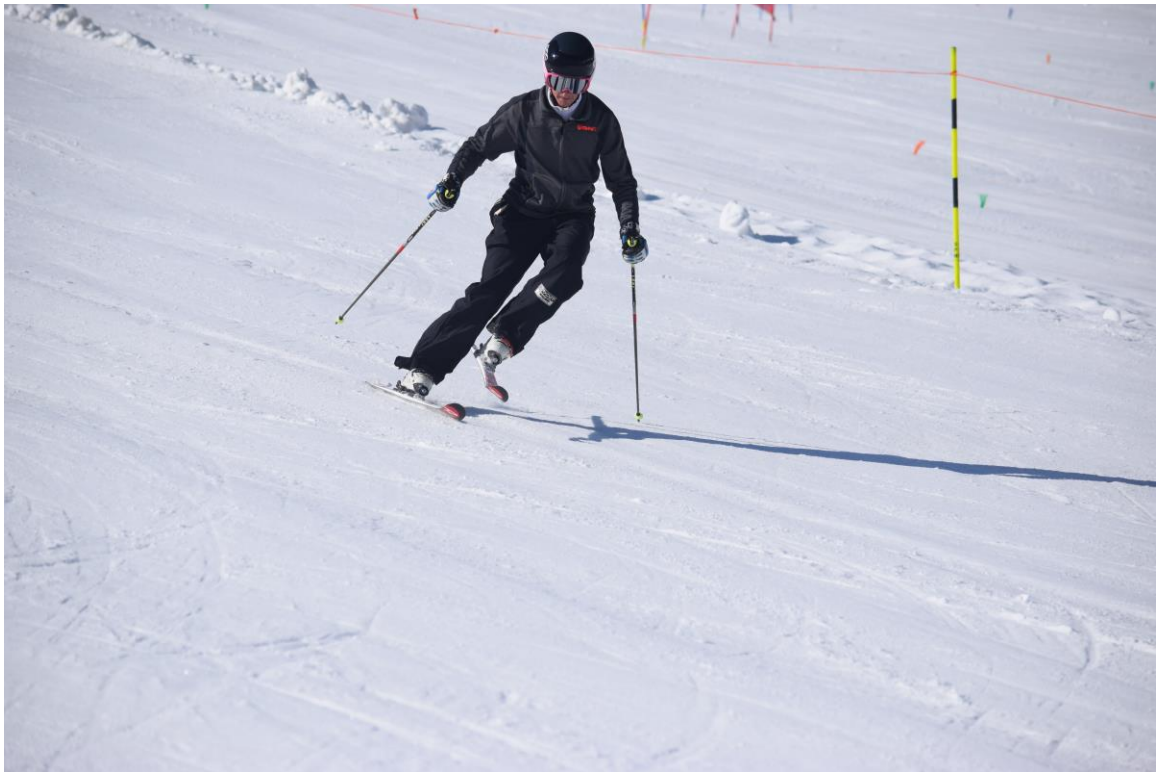
As you begin to roll on to new edge, focus should be on perfect aligned parallel position/movement with a “stacked” stance over the outside ski. This means uphill shoulder down through the boot in nice alignment, with slight leveling to maintain balance on outside foot.

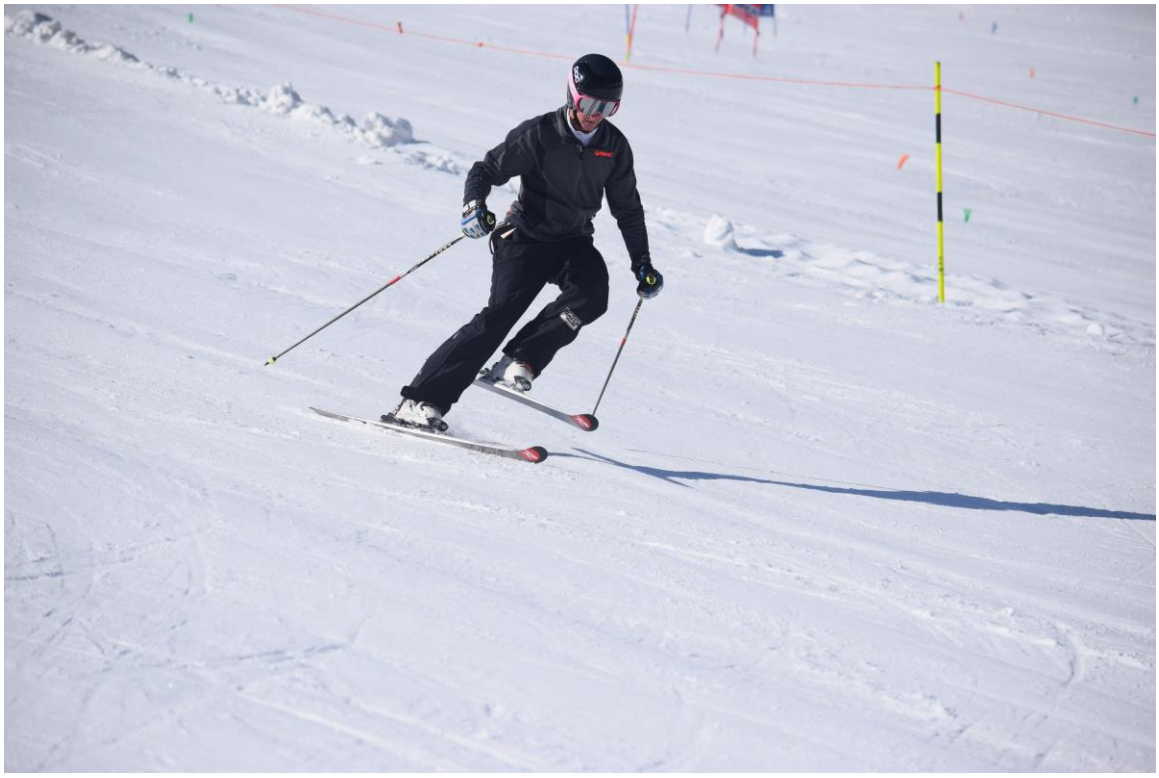


We continue to see gradual movement within the parallel-stacked system. Increasing leveling which helps maintain outside ski pressure and balance.

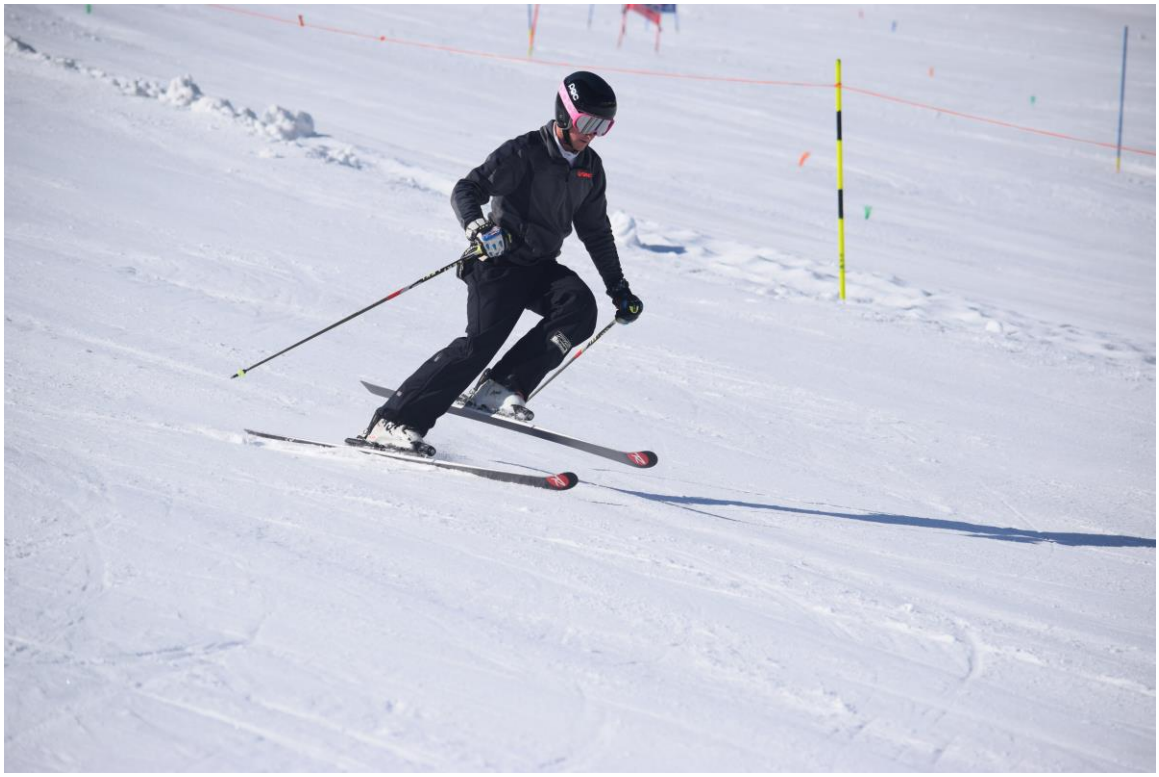


As you enter the fall line, you'll see a bit more angles, facing out (slight counter) to help resist the forces, while parallel alignment is still nicely maintained.

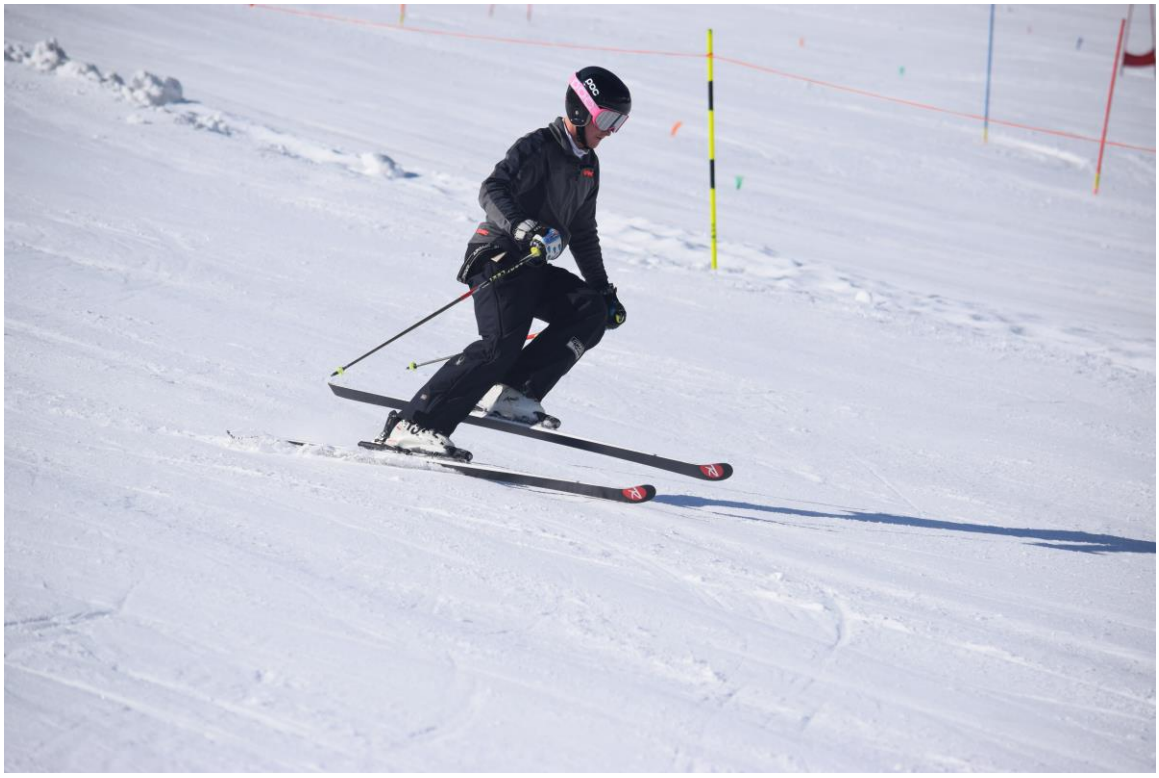




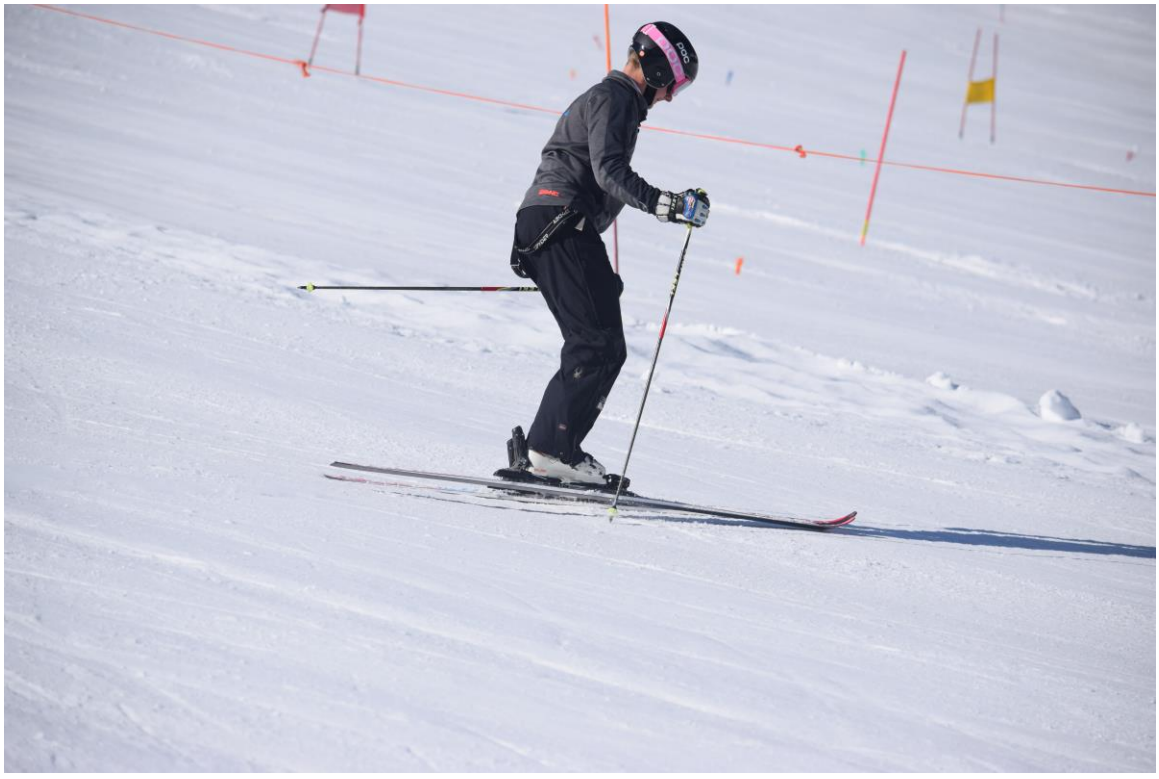
Notice how well he is stacked from outside boot up through his parallel system. Nicely flexed, and is not breaking at the waist, or dropping the hips (butt).



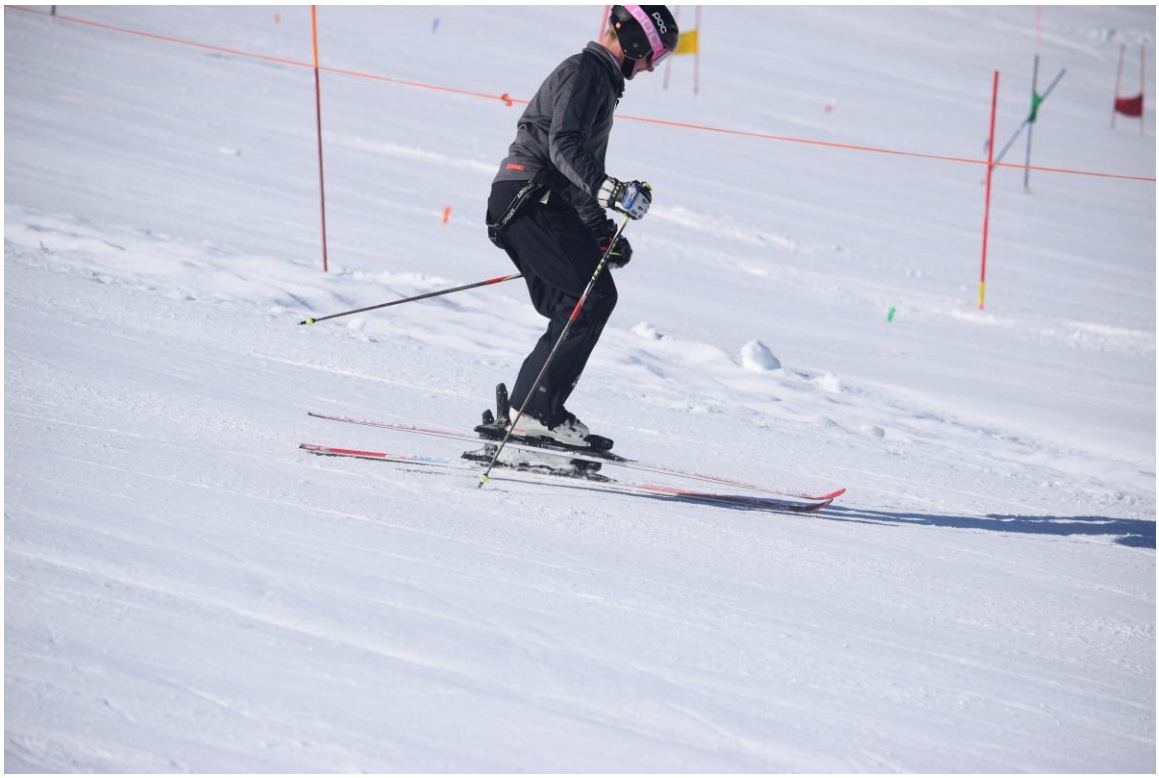
As he moves toward finish phase, still fully flexed, notice ankle flexion on inside foot while having no contact with the snow. This allows for the next weight transfer to be forward and balance.

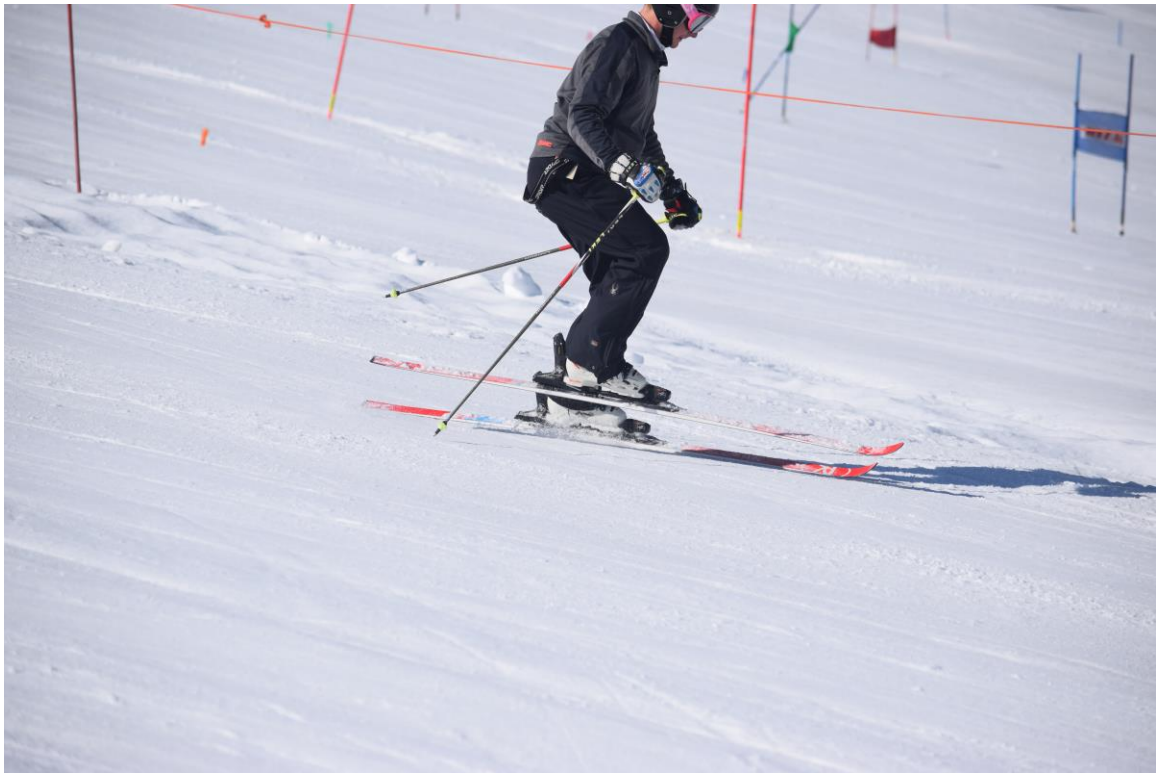


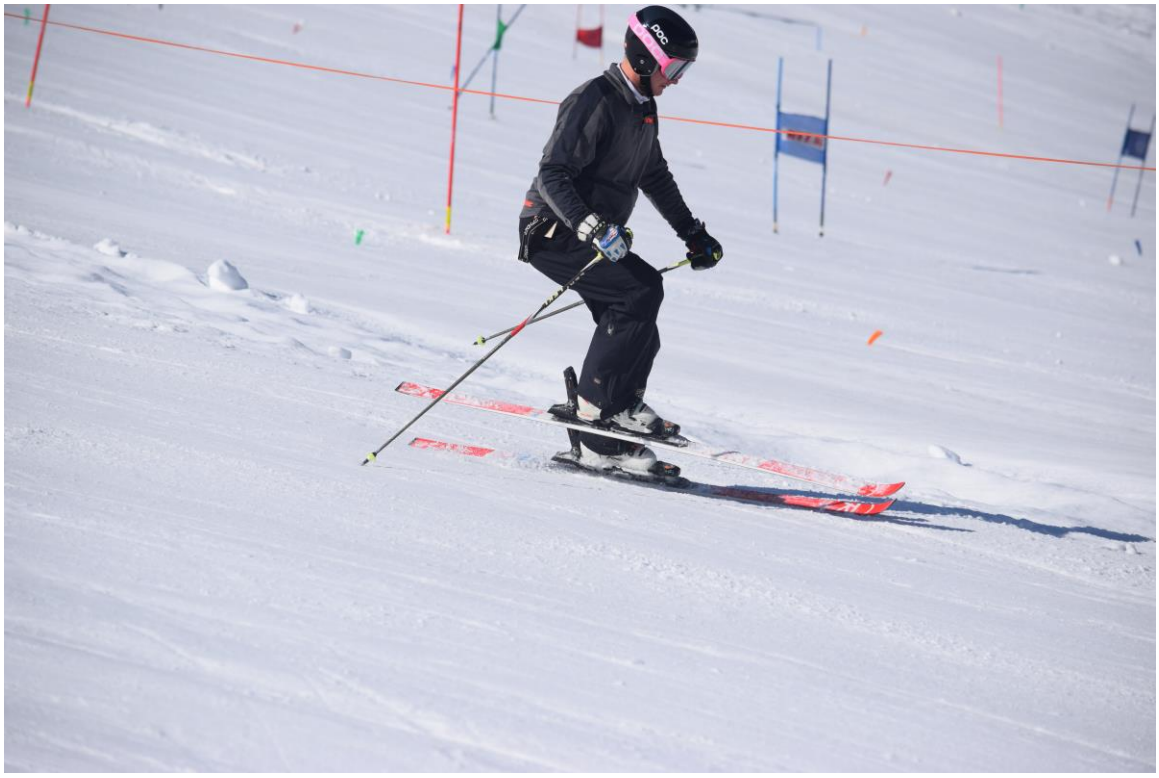
Weight transfer and movement into athletic stance.

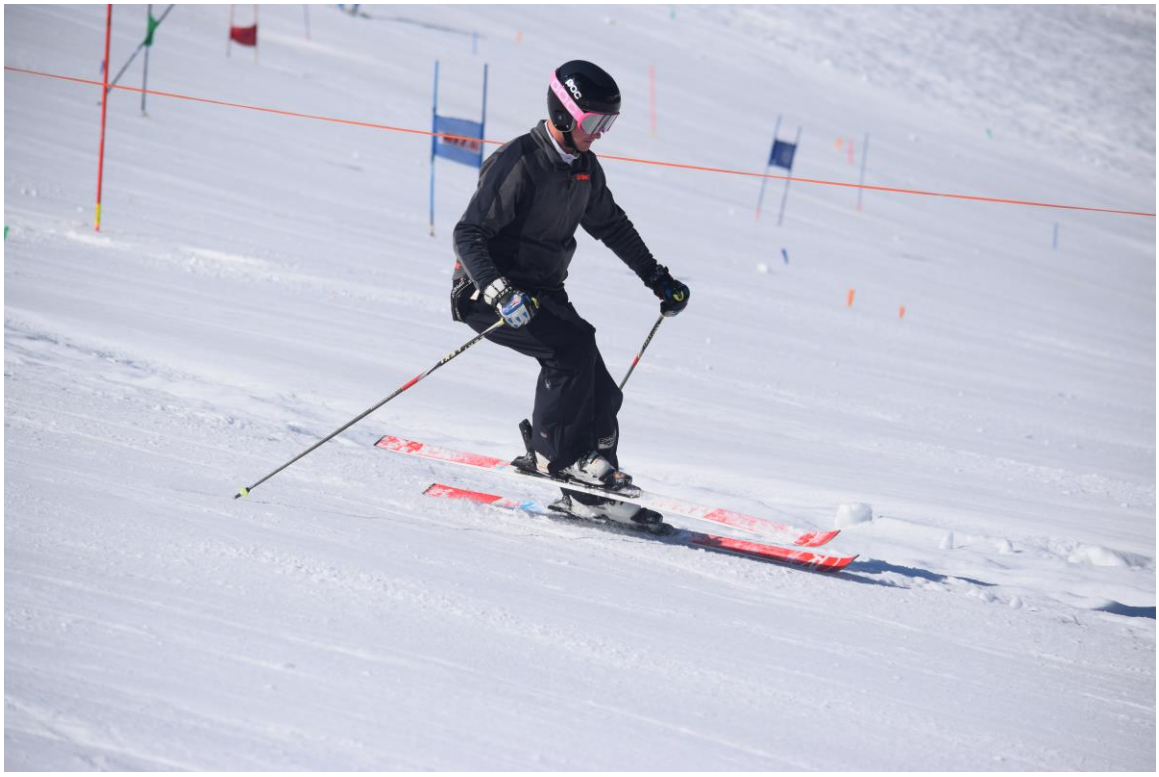


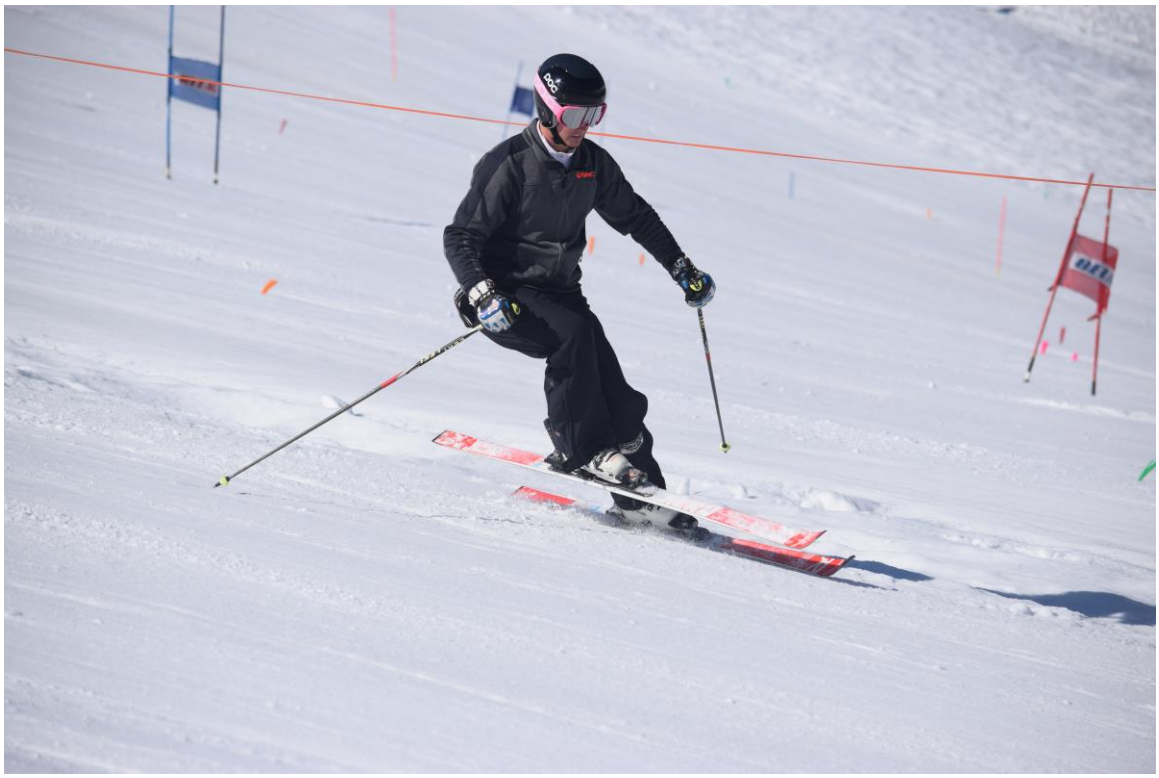
And the sequence repeats! 10 thousand times and maybe we have a winner!

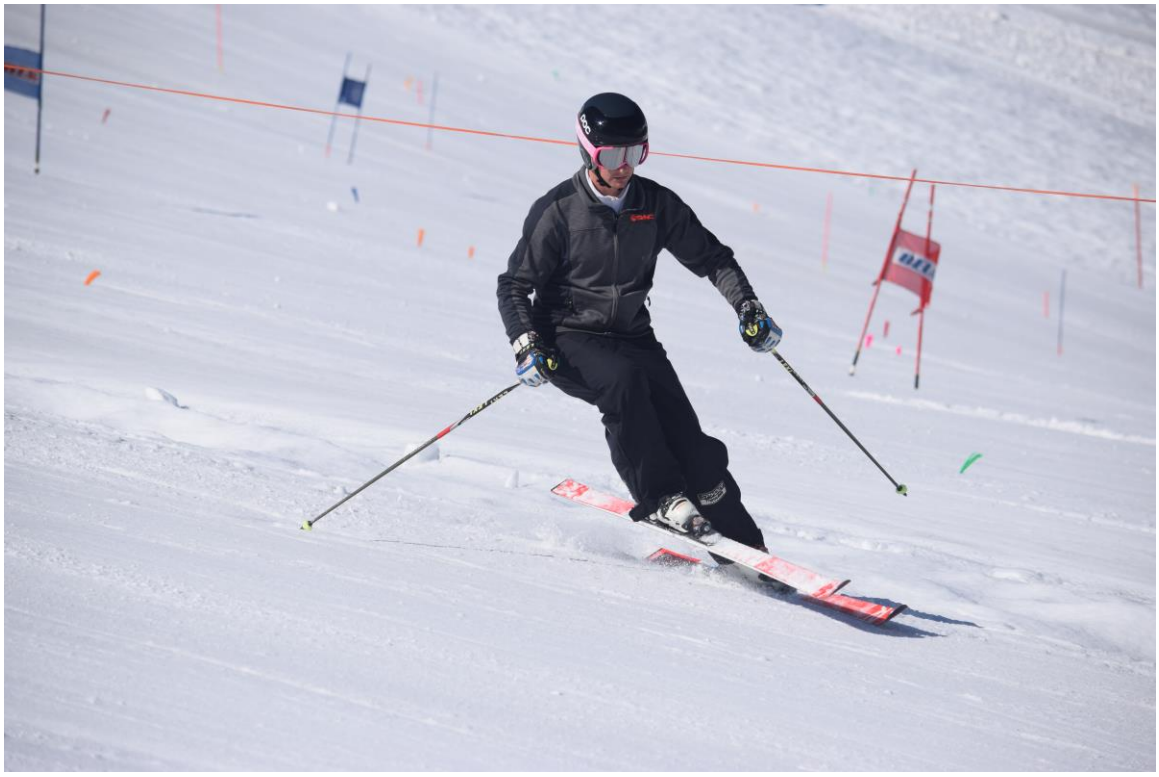












Parallel Position / Movement The skier stands on a side hill with parallel skis and a comfortable width of stance.

 The inside foot-lead is critical and a function of the slope of the pitch.

 The alignment of the ankles, knees, hips and shoulders are parallel with respect to one another

 The uphill hip is raised and weight is over the downhill ski.

 Shoulders are facing in the direction of the hip.

 Hands are relaxed and in front of the body and the skier looks ahead.

 The weight is over the middle of the skis and the uphill ski is advanced proportionally at the ankle, knee and hip to accommodate for the pitch of the slope.

 Skier keeps an upright posture with flexion in the ankles, knees and hips.

 Hands relaxed and out in front.

Here is a photo of parallel position/movement in action during the Seppi tension drill.