

Back to Basics-Slalom 101 Revisited

Thursday 8 March 2007.



There is so much buzz these days about different styles or techniques in slalom skiing that it might leave the average skier torn apart and stressed over what is truly the correct way to ski. I get coaching questions like, "Do you coach West Coast? Are you new school? What type of technique is your skiing and what type of technique do you coach?" I get so much of this I often forget what my answer is...kidding of course. Let's be a bit rebellious and go ahead and say, "Forget all that."

We all want to ski efficiently. This being the case, let's try to find out how. For our purposes, let's call our type of "School" the school of logic or if you want to call it a style, let's call it the "Obvious Style."

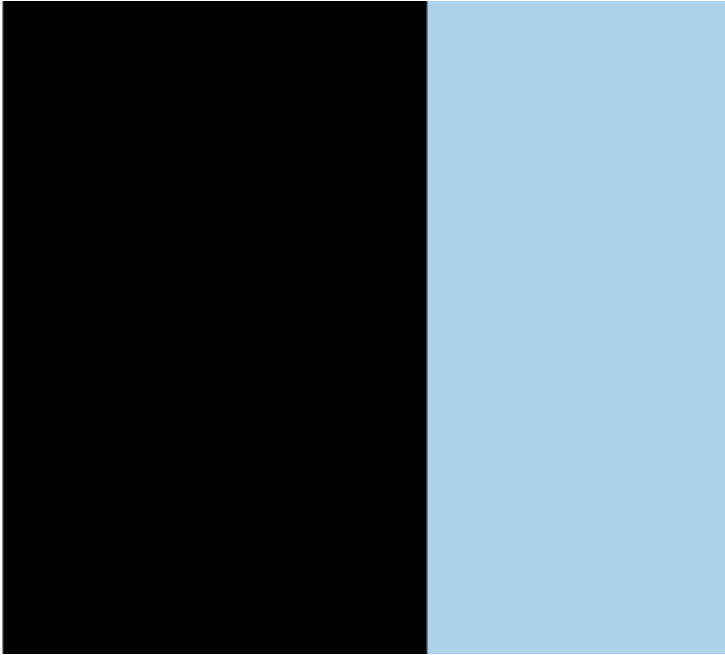
Below you will see two articles that are supported by some of my "Back of the Boat" instruction videos. There is also a video of a simple slalom drill for you to check out. Check it out.

Tip #1: Rhythm and Symmetry

Far more important than any minute detail of where to pull out for the gates, what to do with a finite portion of your body, or where to set your fin on your new Goode 9800 is the basics of rhythm and Symmetry. To create rhythm and symmetry a skier needs to understand the broad and basic bodily movements that create movement out of the ski. Take a look at the videos below (one instructional ("Back of the Boat Instruction-Rhythm/Symmetry") and one example ("Mini-Whip Drill").

E-mail me _____ if you have any questions.





Tip#2-Proper Stance



Proper stance can help make the efficient swing and carve action of slalom skiing so much more achievable. Check out another one of my "Back of the Boat Instructionals" to see more about proper stance. After you have taken a look at the video, please e-mail me

if you have any questions.



Please come and ski with us or let me come to you sometime in the near future.