



Name _____ Date _____
Observation and Description Movement Matrix (4 to 6 Words)

	Tipping Movements	Twisting Movements	Bending Movements
Initiation Phase			
Shaping Phase			
Finish Phase			

“SKIER HEADLINE” What can be changed in the shortest amount of time & be most effective why? Assist the skier to make movement generated at the feet/snow for greater control and quicker activity from the skis.

MODDS

M (Motivation)		
O (Observation)		
D (Describe)		
D (Determine)	Cause:	
	Effect:	
S (Suggest)		

Lesson / Coaching Plan

What:	
How:	
Why:	
What:	
How:	
Why:	
What:	
How:	
Why:	
What:	
How:	
Why:	
What:	
How:	
Why:	

FIVE SKIING FUNDAMENTALS

1. Control the relationship of the “Center of Mass” to the base of support to direct pressure along the length of the ski.
2. Control the pressure from ski to ski and direct pressure toward the outside ski.
3. Control edge angles through a combination of inclination and angulation.
4. Control the skis rotation (turning, pivoting and steering) with leg rotation separate from the upper and lower body.
5. Regulate the magnitude of pressure created through ski/snow interaction.