

Skiing Progression:

Based on BERP model, outlined below:

Proficiency in:

Leads to:

B	Balancing	Maintaining balance while in motion
E	Edging	Aiding in adjusting edge of the ski relative to snow
R	Rotary	Turning and guiding the skis
P	Pressure Control	Managing and manipulating pressure between ski and snow

Progression Model for Lessons:

Beginning steps for First Timers: (Boots only! No skis on!)

- Walk in ski boots, with and without poles – develops balance & provides warm up
- Stand in place and tilt ankles, knees, hips into hill (edging); pickup leg and turn the leg in the hip socket (rotary); jump up and down, land “soft” (pressure control)
- Squat and stand, place weight on one foot and pick up the other (balance), both feet on the ground lean forward/lean back to help find center (stance & balance) Point out “athletic stance.”
- Demonstrate “bow tie” movement and relate the movement to the wedge (pizza slice)

Beginning steps for First Timers: (One ski on!)

- Discuss Ski, binding, ski brakes, pole & boot use and safety. Boots buckled? Not too tight & on the correct foot? Demonstrate correct use of poles, how to wear the straps and keep the pole tips behind you.
- Practice putting on skis and poles. Allow student time to place boot in binding. Show them how to release the binding (with pole or hand).
- Have the student put on the “outside” ski. Walk in place with the one ski on. Walk in a square so the ski is on the outside. Have the student balance on the one ski, walking and sliding on it.
- Introduce sidestepping with the one ski on the downhill side. Get the students comfortable on one ski. Introduce herringbone position. Practice both on one ski.
- Begin introducing the concept of edging. When proper edge and pressure applied to the ski, it turns for you.
- Demonstrate walking forward down slope with the outside ski turned on edge at a 60 to 90° angle from your body. Gives the student an idea of edging and pressure. It takes force to “push” the ski on .

Beginning steps for First Timers: (Both skis on!)

- Practice putting on both skis and poles. Make sure you are on FLAT terrain and students are spaced well apart.
 - Show students how to fall and get up without removing skis (worse case remove skis)
 - Demonstrate wedge. Have students practice.
 - Demonstrate straight run and how to STOP using wedge.* Have students practice. Have students place hands on knees (keeps weight forward and upper body movement to a minimum). Discard poles for this phase.
 - Start introducing the concept of turning through edging (DO NOT use upper body movement to turn!)
 - **Allow students on the chair when they have shown mastery of three turns and full STOP using the wedge.**
 - Focus on individual skills and work toward blending them together as student advances.
 - At this point, skill development will be obvious. Consider skill levels and regroup.
- *An alternative to wedge is turning the ski on edge, keeping it on edge as you move down the fall line and allowing the ski’s camber to make the turn for you. (Difficult to explain on paper...easier to demonstrate ;).