

Advanced Beginner Lesson Outline

- This lesson assumes that the student can turn using a wedge and is comfortable on green terrain. This lesson will introduce parallel skiing. Use moderate green terrain that has a predominately even slope without major slope changes. Wider trails are better.
- Introduce the Go Line/Slow Line concept
 - The **Go Line** is the fall line. If you stand with your skis on the Go Line you will pick up speed.
 - The **Slow Line** is across the hill (90 degrees to the Go Line). If you stand with your skis on the slow line you will either not move or pick up speed.
 - By varying the how long your skis point to the Go Line or Slow Line you can change how fast you are skiing. (This introduces turn shape as a controlling factor for speed control.)
- Introduce corresponding edges and using them together.
 - Standing on the hill tip both feet (knees) up the hill.
 - Use pole pull to show the strength that this can help resist.
 - Stand below student. Using poles have them resist being pulled down the hill by just using their edges.
 - Demo and do parallel traverses across the hill.
 - Feet (knees) tipped up hill to maintain direction.
 - Point out the parallel/railroad tracks left in the snow.
 - Repeat in both directions as many times as needed for student to obtain a semi-clean track.
 - Use a wedge turn or bullfighter turn to change direction.
 - Vary the amount of tipping up the hill.
 - Let the students discover what happens when they do that.
- Parallel Garlands across the hill.
 - Tip feet (knees) down the hill while starting to stand tall
 - As speed starts to increase tip feet (knees) back up the hill to slow down
 - Do not cross the fall line. This is a traversing exercise.
 - The object is to keep the skis parallel as you do the exercise.
 - This exercise teaches simultaneous edge release.
- Parallel Garlands Fans across the hill.
 - Same as the Garland however dip closer and closer to the fall line each time.
 - Do not cross the fall line. This is a traversing exercise.
 - Keep skis parallel all the time while doing this exercise.
 - This exercise gets the student use to using the Go Line and Slow Line for speed control.
 - The exercise reinforces simultaneous edge release.

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- First Parallel Turns.
 - Stand on one edge of the trail facing the other edge.
 - Demo a complete single turn using a simultaneous edge release and then once crossing the fall line rolling the feet up the hill.
 - This should be one turn to a complete stop.
 - Repeat in the same direction several times.
 - From the other edge of the trail repeat the exercise making turns in the other direction.

- Linking Parallel Turns.
 - Demo the simultaneous edge change after completing a turn and start turning in the other direction.
 - Lather, rinse, repeat and they are parallel skiing.

In this lesson we are taking away the wedge and its platform of stability. Before we do this we are giving the student an awareness of their edges. The initial drills give them confidence that they can stand parallel and use their edges for balance.