

Skiing Games and Drills

The following are drills and games for skiing. Always finish a drill with skiing.

- Stance and Balance Drills
 - Thumpers (Help with getting skier centered over the skis.)
 - Thump the uphill ski while traversing (Easy)
 - Keep ski tip on the snow while thumping
 - Thump while making the turn
 - At the end of the turn (Easy)
 - From fall line on (Medium)
 - Throughout the turn (Hard)
 - Thump loud at first then quietly
 - Bouncers
 - Bounce up and down while skiing both in traverse and while making turns.
 - Jumpers (Helps get skier centered)
 - Jump while traversing
 - Jump just before starting turn
 - Jump just after finish of turn
 - Jump during the turn (Advanced drill)
 - Lifted ski turns
 - Lift inside ski throughout the turn keeping the ski tip on the snow.
 - Lift inside ski completely off snow throughout the turn.
 - Javelin Turns (Advanced drill)
 - Lift inside ski off snow and twist the ski so the tip crosses over the front of the outside ski.
 - Good drill to get upper body in a countered position.
- Weight Distribution Drills
 - Shuffle Turns.
 - Shuffle feet back and forth about a foot each while skiing through turns.
 - Weight must be somewhat equal on the skis to perform this properly.
 - 1000 Steps (100 Steps)
 - Step with feet while skiing and turning
 - In a proper 1000 Steps turn the skis are twisted slightly in the direction of the turn with each step. (Important)
 - 100 Step turns are the beginner equivalent.
- Skating
 - Skate on flat terrain. (Easy)
 - Skate up a slight green hill (Easy)
 - Skate down a green fall line (Harder)

Skiing Games and Drills

- Synchronized Skiing
 - Pair up one behind the other
 - Lead person sets the pace and turn radius (Short to medium turns are the best)
 - Second person mimics the turns exactly in step with the leader
 - Switch roles and repeat
 - Repeat with larger groups and different formations

- Turns to a Stopping Point (Good for teaching children how to gauge distances.)
 - Set up two poles or a cone 50 to 100 feet below the group.
 - One by one the skiers make turns while skiing down to the mark.
 - Final turn ends up as a complete stop below and as close to the mark as possible.
 - This teaches distance judgment, turn shaping, speed control, and stopping accuracy.

- Straight Line to a Stop (Good for teaching children how to gauge distances.)
 - On a slope appropriate for the group set up two markers 20 to 50 feet below the group. (The distance is appropriate for the speed the group can handle.) The markers should be about 10 to 15 feet apart.
 - One by one the skiers make a straight run towards the markers.
 - Stop as quickly as possible as close to the line between the markers without going beyond the line.