How To Teach Skiing

Your skiing, analysed.

21-second clip · off-piste tracked crud · filmed from below and in front

REAL EXAMPLE · SKIER ANONYMISED

01 · WHAT WORKS

Good skiing for these conditions

- Mostly parallel turns with a steady rhythm in tracked-out snow.
- A wider stance that gives you side-to-side balance in the chop.
- A quiet upper body that mostly faces down the hill (for example 0:07, 0:08, 0:10).
- Speed under control the whole way, with no stops.

02 · MOST LIKELY ROOT CAUSE

What holds the rest back

Your legs stay fairly tall and stiff.

Through the turns your stance stays quite tall, with little bending and stretching in the legs (0:07.5, 0:08.5, 0:09.5). So your skis absorb the chop less, and you finish the turns with a skid more than you shape them (0:03, 0:11, 0:13.5). Your hands also drift low, down by your hips, with the poles trailing (0:08–0:10).

03 · YOUR PRIORITIES

Work on these, in this order

1. **Flex and extend more.** Bend and stretch through every turn: absorb the bumps, then extend into the next turn, with your ankles working too.
2. **Hands forward.** Keep your hands in view, and touch your pole in every turn to set your timing.
3. **Shape the turn earlier.** Steer the skis into the turn earlier, so you need less skid at the end.

What this clip can't show: fore-aft balance, and how your weight is spread between the inside and outside ski. To judge those we need a side or rear view.

04 · ON YOUR VIDEO

Four moments to look at

Example only, shared with the skier's OK. No face or name is shown. A real analysis uses stills from your own clip.



0:08.5 Tall, stiff legs

Little bend and stretch through the turn.



0:09 Hands low, by the hips

Poles trail: bring your hands forward.



0:11 Skid at the end

The spray shows the turn ends with a skid.



0:13.5 Skid again

Steer into the turn sooner, and you need less skid.

05 · YOUR 2-WEEK DRILL PLAN

Start on the groomer, then take it into soft snow

DAYS 1–3	**Flexion and extension on the groomer.** Do one warm-up run, then *absorption turns over small bumps or rollers*. Let your legs fold under you over each bump and stretch out again after it, and keep your head level.
DAYS 4–6	**Hands and timing.** *Pole across the chest*: hold your poles level across your chest, like a tray, and keep them facing down the hill (square to the fall line) while your legs do the turning. Then *pole touch rhythm*: make one clear pole touch to start each turn.
DAYS 7–10	**Early turn shape.** *Garlands*: a series of half turns uphill across the slope, building grip early in the turn. Then *javelin turns*: lift the inside ski and turn on the outside ski only.
DAYS 11–14	**Into soft snow.** *Hop turns* on a groomer first, then on a gentle off-piste slope. Then take round, linked turns into the crud, bending and stretching through each one and touching your pole every turn.

06 · FILM AGAIN ON DAY 14

So we can see your progress

> Film medium and short turns, from the front and from behind. A short clip from the side also helps us judge your fore-aft balance.

General guidance, not a replacement for an in-person lesson. Do the drills at your own risk, on terrain that suits your level. A first draft of this analysis was made with AI tools and then checked by a ski instructor.