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## Skiing drills for intermediates

Practice makes perfect, doesn't it? D. Gersovich. As I mentioned earlier, I learned to ski at the ripe age of 23 in Alaska with my crime partner as a teacher. Nearly three years later, I'm definitely not a professional, but can usually make it down any level of well-groomed terrain without causing irreparable damage to my body or my ego (\*knocks on wood\*). I have studied and used a number of drills to teach me techniques at various points in my short skating career and still return them all at the beginning of each season. I would like to share some of my favorites, hopefully for the benefit of other beginners and intermediate skiers. Side slips What's the point? This drill teaches you how to control the pitch of your edges and improve your balance. Doing this: I've heard that this drill is called a number of different things, but I like to think of it as doing my part to keep the snow completely flat, packed, and looks completely indestructible. When you do this drill correctly, you leave perfectly flat, well-groomed snow behind. This drill won't work well on powder, but is perfect for the manicured slopes of the east coast. Stand with your skis perpendicular to the slope, and slowly roll over to your edge. See if you can hit the edge just perfect to slide down the hill slowly, sideways, leaving a completely flat patch of white on your way. Poles as tray What's the point? You will learn to keep the upper body quiet and initiate swivel movement with the lower part of the body. This super drill is useful for skiers who tend to swing their upper body to convert, I had a huge problem with that initially, and still do! Doing this: Take the ski poles in both hands and clutch them shoulder to shoulder from each other, palms standing either up or down, and keep them at shoulder height horizontally (parallel to the ground) in front of you. Poles are your tray. Perform S-turns, keeping the tray as a level and the most undisturbed. Ziggyskier.com advises skiers to pretend they're snoozy servants providing afternoon tea - don't spill! Poles as a species finder What's the point? By learning to keep your chest pointed at the base of the slope and making turns from your hips, you'll have a lot more control and be able to perform cleaner turns faster. It's the same principle as the tray drill. You want your upper body to float down the hill, without gigaking and weaving, while your legs and hips do all the work. Doing this: Close the middle of the pillars, one in each hand, and stretch your arms out. Keep the poles perpendicular to the ground as you would when you are actually skiing but off the ground. The poles will create a viewr as if you are pointing the camera at a point to take a photo. Use a certain view at the base of the hill as a focal point and keep it in your viewfinder when you perform down the hill. If you move your viewfinder too much, the photo will be blurred, of course. Course. calls it the pole exercise Frame. The picture in your viewfir should be the area at the bottom of the run that is on the drop line, meaning wherever you end up if you just ski right down. One foot turns What's the point? Get your body to feel what it's like to make perfect turns on both edges with both feet. This is the ultimate edge of drill management. You'll be forced to make a turn just on the edge of your ski because if you let your skis go flat on one leg, you'll fall, or end up pointed straight down the hill. Novice skiers tend to keep their skis flat on the snow and glide along the turns, causing them to catch the edges and fall quite often. This drill also helps skiers tie their turns together more smoothly. Doing this: Ski down both skis and when you start turning, lift your inner ski (if you turn left, it's your left sky) off the ground and make a turn just on your outer ski. When the turn is complete, immediately push the foot down, lift the other one and turn it the other way. If you have too many balancing problems, you can only let the top of your raised ski drag on the snow. For a much bigger challenge, try lifting the outside skis at every turn instead. UppaDowna (not to be confused with @UpaDowna!) What's the point? It forces you to focus on initiating turns, putting pressure on the edges of your skis and shifting weights. Doing this: Easy... Squats in a sitting toilet position when you're skiing and then slowly get up when you initiate your turn, so you're standing on top of the turn. When you start leaving the queue, get back. You have to constantly move up or down without staying in a standing position or sitting for more than a second or two. It's also a big foot burner if you don't get enough workouts during the day on the slopes! Do you have any other drills you've learned over the years that have made you a better, more efficient skier? Post favorites in the comments section! Parallel skiing is the kind that looks good on the slopes. Your legs and skies parallel to each other are quite thin in the V-formation of the snowstorm. Once you get a grip on the basics you can move faster, faster and start getting a little wobbly in your walk as you step on the slopes. So once you're confidently snowy, you read to move on to improvement lessons and get those skies parallel. Luckily for you, you don't have to go to account of appearing in the Alps every weekend to get good at it; The Chill Factore slope in Manchester is the UK's best slope to practice parallel skiing techniques. We can provide everything we need from the sky, boots and clothes to the slope to ski while doing so. How to move from snow plow to parallel? Step One – Balance the first thing you need it's to balance your weight on the outside during rotation. Skiing on one leg? Intentionally? Of course it's crazy! I know it sounds ridiculous, doesn't it? But once you master it, you'll be able to get the hang of parallel skis. When performing a turn of snowstorm, your weight remains fairly evenly distributed on both skis. With parallel skiing, your weight moves towards mostly over outside skiing. When entering the queue, bend your knees and shift all your weight to outer skis. When leaving the turn, turn your weight on both skis. Keep practicing this until you can actually lift your inner skis off the ground completely for the rest of the course. Don't worry, no one expects you to pick it up right away, nor be able to do it without a bit of instruction and help along the way. Not only does Chill Factore have a big tilt, but we have some pretty awesome instructors on hand to show you the way too. Step One – Find the edges. You have to move your weight from just over the outside skis to being on the inside edges of both skis. When you've turned on one ski you've probably noticed you're pushing the inside edge of this ski into the snow rather than travelling on a smooth ski bottom. It is known as the okaka and is the backbone of parallel skiing. At this point you will learn how to put that foot you climb back on the snow, how much weight to put on it and how to use that weight to push the edges of skis into snow to turn. Our ski slope at Chill Factore is at a cool 15-degree angle, which is equivalent to a hard blue or light red run in the mountains - perfect for exploring this technique. That's where you start to feel as if you're working in turns like a pro. You'll also suddenly find use for those poles that you carried with you too - and I don't mean just to help you get up when you fall. Step 3 – Getting the skis to do the job for you. When you master this bit, things suddenly get a lot easier, slee thinning and 10 times more awesome. When you flexed your knees and then stood on high learning how to use your edges, you probably noticed that you were performing a kind of movement. Exaggerate this and keep practicing it. Bend your knees to rotate, stand tall to shift your weight before turning and bend your knees back into a turn. It's all about using your weight and gravity to make skis work for you. It's something they don't tell you when they have you side step up the hill and snow ploughs back down into beginner classes - skiing doesn't have to be sweaty and hard work. Soon you will easily glide down the slopes. Although it looks great, obviously. Practice, practice, practice None of this is difficult, there is no great mystery behind it. It's just a case of practicing as often and as much as you can while Don't even have to think about it anymore – your body just does it. If you're an intermediate skier, you might be wondering how to advance from the blues and take on harder things like lawns, moguls and cool. However, it is necessary to master the basics and develop a strong, confident ski position before moving on. These tips will show you how to clarify the technique of skiing. Pamela N. Martin/Fototrove/Getty Images One of the main mistakes that prevent skiers from mastering challenging runs - moguls, especially - is the tendency for skiers to fall into the back seat, and let their weight settle on their heels. A tip from beaver Creek Ski Instructor and author of the bestselling ski book instructions, 7 Secrets of Skiing, Chalky White, describes the Ankle Flex Test, which provides the right position that will help skiers maintain balance on tough terrain. When promoting skiers to take on black diamond terrain they need to have strong knowledge of how to keep their speed under control as the terrain gets steeper. There is hardly anything scarier, or more dangerous, than being out of control and then having to make desperate skid attempts to stop. Here's how to control your speed, from Martin Höckleman, author of Mr Ski Tips author New Guide to Skiing, Hamlyn Skiing Guide and Step-by-Step Skiing Skill. Each skier at one time or another found themselves in a steep or confined area where they are uncomfortable pointing their skis straight down or trying to cross the drop line one by one. While it's a difficult position to be in, if you know how to maneuver out of it, you'll be able to make it down the trail safely. So you've mastered the technique of maneuvering your way out of the fall without taking off your skis - great! Next, you need to know how to get up from falling into the soft, deep snow, especially if you're planning on ski powder. Another state of powder skiing is the ability to lose skiing in this deep snow. As big as powder skiing is, if you want to ski pow safely, you have to be prepared and one way to do that is educate yourself before you hit the slopes. Read on how to find lost skis in powder in case it happens to you. Intermediate skiers can really enjoy these first thrill rides on an arc-shaped turn on shaped skis, leaning up a hill and feeling that the old good centrifugal force zips you together like the last skater moving the skating chain. It's all good for thrills, but relying on hips in a hill and centrifugal forces to drive your turn can become a habit of forming. Here's how to trim skis with your ankles, not hips. Learning to Keep Your Heels Still while skiing may sound like a strange statement, but read on as Beaver Creek ski instructor Chalky White explains how intermediate skiers who make efforts to keep their can still improve their skis. For an intermediate skier, moguls are perhaps some of the most inspiring terrain. However, you don't have to be an expert skier to take the punches. In fact, the best way to start skiing is to start small. Here are some tips for dealing with moguls. Moguls.

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