
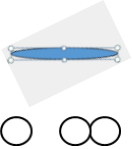


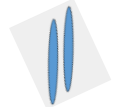
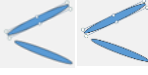
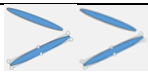
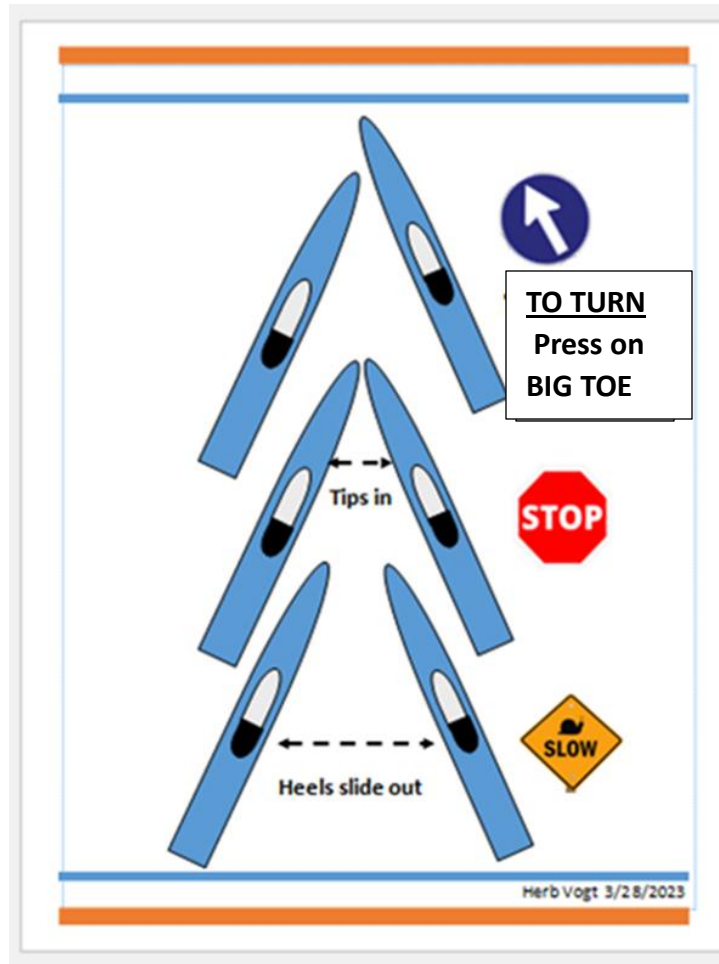


Beginner Ski Training (dryland ski training on the snow)

Herb Vogt – SONC Alpine Ski Sport Development Team 1/20/2024

<p>1. Check athlete's boots</p> <ul style="list-style-type: none">✓ One pair socks✓ Nothing but socks inside boots✓ Check – A finger between athletes' leg and front of boot is good	
<p>2. Put on <u>one</u> ski</p> <ol style="list-style-type: none">1. Walk straight2. Walk in a circle clockwise, then counterclockwise.3. Walk in a figure 8, one direction, then reverse	
<p>3. Put on <u>second</u> ski and walk in a circle, then a figure eight</p>	
<p>4. Practice walking straight (French Fries)</p>	
<p>5. Practice side stepping</p>	
<p>6. Practice walking like a duck</p>	
<p>7. Practice walking with ski tips pointed in like a piece of Pizza (see below)</p>	





To make turns – press on the big **TOE** like you’re squashing a grape

