

ANALYSIS & IMPROVEMENT GUIDE

INTERMEDIATE RIDING

a) Intermediate — Sliding Turns

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Snow being sprayed down the slope instead of to the sides	Too much pivot	<i>Edge and Pressure control</i> - Start applying more edge earlier in the turn (steering).
Dead spots between turns	Unable to link turns	<i>Timing and Coordination</i> - Use a Garland Exercise which stresses turn initiation.

b) Intermediate — Riding Switch (Backwards)

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Lack of board control - over turning	Too much weight on the nose of the board	<i>Stance and Balance</i> - Try putting equal weight on both feet (50/50)
Unable to initiate turns	Too much weight on the tail of the board Too static	<i>Stance and Balance</i> - Try putting equal weight on both feet (50/50) <i>Pivot and Pressure Control</i> - More emphasis on pivot with flexion and extension
Falls often on the transition	Catching edges	<i>Edging and Timing and Coordination</i> - To avoid using too much edge or applying it to soon try counting through the turns - up..2..3..4., down 2..3..4.etc.

c) Intermediate — Basic Carved Turns

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Board sliding out	Insufficient edging	<i>Edging</i> - Have student perform isolated arcs concentrating on equal pressure and adjusting edge angle to stop skidding.
Board chattering on heel-side turns	Static knees and ankles	<i>Pressure Control</i> - Have student perform isolated heel-side turns concentrating on extension and flexion, especially flexion, to maintain constant pressure on the edge.
Student breaks at the waist to touch the snow the middle of the arc	Student inclining	<i>Stance And Balance</i> - Use "Tray of Drinks" exercise to encourage angulation.
Turns are not fluid or symmetrical	No rhythm	<i>Timing And Coordination</i> - Use Timing exercise, up..2..3..4., down 2..3..4. Concentrate on same size arc toe-side and heel-side.

d) Intermediate — Carved Turns

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Student has trouble maintaining edge hold in variable snow conditions	Inadequate edging skills / poor stance and balance	<i>Edging</i> — Static steering exercise working on driving the knees in the direction of each turn. <i>Stance & balance</i> — Improve angulation. Use level hands and shoulder and "Tray of Drinks" exercise.
Turns are not symmetrical or fluid	Poor timing and coordination	<i>Timing</i> - Timing exercise counting up 2-3 down-2-3. Concentrate on same size arc toe-side and heel-side. Review anticipation.
Sufficient edge angle insufficient board performance	Insufficient pressure control	<i>Pressure Control</i> — Use isolated turns working on maximum flexion and maximum pressure at the centre of the arc.

ADVANCED RIDING

a) Advanced — Sliding Turns

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Student has trouble maintaining edge hold in variable snow conditions (ice)	Insufficient edging Too much inclination	<i>Edging</i> — Use uphill turns driving the knees in throughout the turn. <i>Stance & balance</i> — Use hands on downhill knee or "Tray of Drinks". Improve angulation.
Turns are not symmetrical or fluid	Poor timing and coordination	<i>Timing</i> - Use Skill Timing exercise, counting down-2-3. Concentrate on same size arc toe-side and heel-side. Review anticipation.
Sufficient edge angle but insufficient board performance	Insufficient pressure control	<i>Stance and Balance</i> — Use the Speiss exercise or jump turns retracting the whole board evenly off the snow, staying centred over the board.

b) Advanced — Carved Turns

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Student has trouble maintaining edge hold in variable snow conditions (ice)	Inadequate edging skills / poor stance and balance	<i>Edging</i> — Static steering exercise working on driving the knees in the direction of each turn. <i>Stance & balance</i> — Improve angulation. Use level hands and shoulder and "Tray of Drinks" exercise.
Turns are not symmetrical or fluid	Poor timing and coordination	<i>Timing</i> - Timing exercise counting up 2-3 down-2-3. Concentrate on same size arc toe-side and heel-side. Review anticipation.
Sufficient edge angle insufficient board performance	Insufficient pressure control	<i>Pressure Control</i> — Use isolated turns working on maximum flexion and maximum pressure at the centre of the arc.

TERRAIN ADAPTATION

Intermediate - Terrain Adaptation

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Getting bounced around in the crud.	Static position Lack of independent leg absorption	<i>Stance & Balance</i> - Try to lower your centre of gravity to form a "freestyle triangle" <i>Pressure Control</i> - Try using each leg as an independent "shock absorber"
Front of snowboard lifting up in the air while riding over rolls	Sitting too far back Picking up too much speed	<i>Stance & Balance</i> and <i>Pressure Control</i> - Traverse bumps emphasizing a centred stance on board with equal pressure on both feet while still using each leg as an independent "shock absorber"
Board gets air over rollers	Insufficient flexion and extension - absorption	<i>Pressure Control</i> - Try traversing or straight running over gently rolling terrain emphasizing flexion on the top and extension into the hollows to maintain contact with the snow.

Intermediate - Moguls

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Front of snowboard lifting up in the air while riding over bumps	Sitting too far back Picking up too much speed	<i>Stance & Balance</i> and <i>Pressure Control</i> - Traverse bumps emphasizing stance centred on board with equal pressure on both feet. Using each leg as an independent "shock absorber".
Excessive side-slip at end of turn	Lack of edging Straight legs. Edging to control speed	<i>Edging</i> - Do isolated turns on moguls focusing on flexion and extension.
Losing control when board is pointing down the fall-line	Sitting back in the fall-line	<i>Timing and Coordination</i> — Use a garland exercise around the bumps emphasizing turn initiation.
Going "over the bars" in the hollows	Not using legs independantly	<i>Pressure Control</i> -- Try running some rollers working on independent leg action i.e., front leg will be flexed on the top of a roll, while back leg is extended in the hollow. As the front leg extends into the next hollow the back leg flexes on the top of the first roll, etc.

Advanced - Moguls

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Front of snowboard lifting up in the air while riding over bumps	Sitting too far back Picking up too much speed	<i>Stance & Balance</i> and <i>Pressure Control</i> - Traverse big bumps emphasizing remaining centred on board with equal pressure on both feet. Maintain constant speed.
Excessive side-slip at end of turn	Lack of edging Straight legs	<i>Edging</i> - Make isolated turns on black moguls. Focus on flexion, extension & speed control. Link sliding turns on black moguls using funnel progression.
Losing control when board is pointing down the fall-line	Over-edging during pivot phase Sitting away from fall-line	<i>Pivoting</i> - Start with a review of short radius on flatter terrain. Progress to turns around and over moguls on black terrain. Review preparation -- initiation, execution, completion.
Board losing contact with snow in spite of centred stance & lots of absorption	Lack of independent leg absorption Too much speed to absorb big bumps efficiently	<i>Pressure Control</i> and <i>Timing & Coordination</i> — Review absorption explaining independent leg movement. Review pre-jumps & gap jumps.

EXPERT RIDING

Dynamic Turns

Analysis & Improvement Guide

Observation	Analysis	Improvement - Skill & Plan
Dead spot between turns	Edge change too slow	<i>Timing & Coordination</i> - Make edge change as board comes back underneath body.
Turning arc not regular	Working the board at the wrong part of of the turn	<i>Edging</i> - Establish an early edge angle and gradually increase it.
Weak edge control	Poor lateral balance	<i>Stance & Balance</i> - Work to improve angulation. Use level shoulders and hands. <i>Edging</i> - Get student to drive the knees in the direction of the turns.
Board skidding at beginning	Pivoting after switch	<i>Edging & Pressure</i> — Rail to Rail Turns getting the student to work the edge right at the beginning of the turn.
Board chattering on heel turns	Legs too straight and weight too far forward	<i>Stance & Balance</i> - Make sure front knee is bent on heel turns and equal weight is on both feet.
Student gaining too much speed on toe turns	Too much weight on back foot	<i>Stance & Balance</i> - Work on “nose in front of toes” of the front foot in toe-side turns. <i>Timing & Coordination</i> - Work on initiating the toe-side turn with front foot.