



THE AUSTRIAN SKI SCHOOL

INTERSKI

2023 LEVI





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AUSTRIA AND INTERSKI

The first INTERSKI congress was held in 1951 in Zürs am Arlberg/Austria, where Stefan Kruckenhauser presented his educational film „basic teaching“. Austrian ski instructors and racers demonstrated the way of Austrian ski instruction on a specially prepared slope with shaped terrain.

INTERSKI-Austria was founded in 1957 as an umbrella organisation for ski instruction. Today, the umbrella organisation unites the three large organisations that are responsible for the methodical, didactic, and organisational development of snow sports: professional ski instructor training (ÖSSV), instructors in the clubs (ÖVSI), and snow sports in schools and universities (OEAKS).

At the international meeting in Val d'Isère in 1955, the congress leader Dr Pierre Guillot suggested the foundation of an international association for ski instruction and became the first president, with Christian Rubi and Stefan Kruckenhauser as secretaries.

Besides Stefan Kruckenhauser, Franz Hoppichler left his mark on the development of the INTERSKI Congresses like no other. In 1963, he became Secretary General of INTERSKI and took over the presidency in 1987, which lasted until the 15th INTERSKI Congress in Nozawa Onsen (Japan) in 1995. Through his work at INTERSKI, a big step was taken towards the world-wide standardisation of ski instruction.

EDUCATION STANDARDS FOR THE QUALIFICATION OF SKI INSTRUCTORS – CONTINUOUS DEVELOPMENT

Many Austrian ski pioneers such as Mathias Zdarsky, Georg Bilgeri, Viktor Sohm or Hannes Schneider had a formative influence on the development of alpine skiing at the end of the 19th century.

Hannes Schneider, who founded Austria's first ski school in St. Anton am Arlberg in 1921/22, developed his own teaching method, the so-called „Arlberg technique“, whose special characteristics was schussing down in the “Arlberghocke” tuck position, stem turns, wide stance, and techniques called “Stemmkristiana” and “Gerissene Kristiana” (stem Christie turns).

The standardisation of ski instruction began after the First World War. In 1923, Ernst Janner was put in charge of devising the first all-Austrian instructor training in St. Christoph am Arlberg. 1926 saw the publication of his first textbook, „Arlbergschule“. In 1928, ski instructors took the first ever state ski instructor exam approved by a commission appointed by the Federal Ministry of Education.

Already in 1945, after the dark times of the Second World War, the ski pioneers Rudi Matt, Toni Seelos and many others worked tirelessly to put ski instruction back on its feet.

In 1946, Stefan Kruckenhauser took over the management of the ski home in St. Christoph am Arlberg. He was responsible for another revolutionary development in alpine skiing: The „wedel“ technique which he invented went around the world from 1955 onward. In 1956, the „Austrian Ski Lesson Curriculum“ was published, which was valid for 14 years. However, the skiing technique kept evolving. In 1971, the new „Österreichische Schilehrplan“ (Austrian Ski Lesson Curriculum) was published, in which the so-called „wave technique“ was introduced. This curriculum was published by the Austrian Professional Ski Instructors Association.

Franz Hoppichler had already contributed to the curriculum of 1971, and in 1972, he took over the management of the Bundes-sportheim St. Christoph am Arlberg (Federal Sports Centre in St. Christoph am Arlberg). In 1974, his revised curriculum „Österreichische Schischule“ (Austrian Ski School) was published, which in 1980 was followed by his second curriculum „Österreichischer Schilehrplan - Schwingen“ (Austrian ski curriculum – turns). In 1987, the three working groups which were active in Austrian ski instruction (Professional Ski Instructors' Association, Association of Ski Instructors, and Skiing in Schools) worked with the Federal Ministry for Education, Science and Culture to develop the sixth Austrian skiing curriculum. It was based on the textbook „Ski with us“ by Franz Hoppichler. In 1993, „Die österreichische Skischule“ (The Austrian Ski School) was published; it was the last curriculum written by Hoppichler for the Austrian Professional Ski Instructors Association.

THE TRANSFORMATION FROM „SKIING“ TO „SNOW SPORTS“ – THE SKILLS TRAINING BECOMES MULTI-DISCIPLINARY

In 2007, the curriculum „Snowsport Austria - The Austrian Ski School“ was published, superseding the curriculums of Kruckenhauser and Hoppichler. Created by the Austrian Ski School Association (formerly the Association of Professional Ski Instructors) under its president Richard Walter and a large team of authors (consisting of the chief instructors for alpine skiing, snowboarding, children's skiing, cross-country skiing, telemark skiing, trend sports, and disabled skiing), the programme marks a whole new path in ski instruction. The development of winter sports over the past few years has shown that ski school guests have an increasing demand for a variety of snow sports offers.

The transformation from skiing to snow sports was complete. The Austrian training curriculum ensures that multi-skilled snow sports instructors are available in the Austrian ski schools to offer market-oriented courses in a variety of snow sports, ranging from alpine skiing, snowboarding, special children's and youth skiing, new trend sports and disabled skiing to freeride and backcountry skiing.

The second, newly revised edition was presented in St. Anton am Arlberg at the Interski Congress 2011.

The new curriculum „Snowsport Austria - The Austrian Ski School“ of the Austrian Ski School Association was published in 2015, again under the overall editorship of president Richard Walter together with the experts from the individual snow sport disciplines, continuing the path of multi-disciplinary snow sports instructor training in its clearly structured form.

In 2018, the curriculum „Snowsport Austria - The Austrian Ski School - From entry to perfection in four stages“ was published. In addition to the overall multi-disciplinary orientation, the curriculum puts more emphasis on scientific findings in the areas of emotional and social competence. In the future, these factors will be essential for the success of snow sports instruction and hence for the satisfaction of ski school guests.

TODAY'S SKI SCHOOL SYSTEM

The Austrian ski schools contribute significantly to the success of Austrian winter tourism with their comprehensive range of snow sports, their high professional quality, and their personal guest service. Like hardly any other group, Austrian snow sports instructors shape the image of winter holidays in the Austrian mountains.

Over 18,000 snow sports instructors in ca. 700 ski schools are the first point of contact for Austrian winter tourists when it comes to skiing/snow sports and new trends.



THE AUSTRIAN SKI SCHOOL ASSOCIATION (ÖSSV)

Austrian skiing history is Austrian cultural history and Austrian economic history. To this day, ski instructors, the white ambassadors of Austria, have been active worldwide, promoting and advertising the culture and beauty of the Austrian mountain world. Above all, Austrian skiing history was made by ski pioneers such as Max Kleinoscheg, Franz Reisch, Mathias Zdarsky, Oberst Bilgeri, Hannes Schneider, Toni Seelos, Prof. Stefan Kruckenhauser and Franz Hoppichler.

The ÖSSV is the umbrella organisation of the Austrian ski instructors' associations and represents the interests of the Austrian ski/snow sports instructors and the Austrian ski schools in all fundamental matters of ski instruction at the national level and abroad, in particular with regard to the mutual recognition of professional qualifications in Europe. Together with France and Italy, the ÖSSV forms the European Federation of Professional Ski Instructors (FEMPS).

An essential task of the Austrian Ski School Association is the further development of the Austrian Ski Curriculum.

In total, the Austrian Ski School Association (ÖSSV) represents over 700 ski schools and ca. 18,000 snow sports instructors.



FROM ENTRY TO PERFECTION IN FOUR STAGES

THE CURRENT AUSTRIAN SKI CURRICULUM

SNOW SPORT AUSTRIA – THE AUSTRIAN SKI SCHOOL

The four stages are shown in the colours **green** – **blue** – **red** – **black**.

The training comprises the four stages for the modules „**alpine skiing**“, „**snowboarding**“, „**kids, juniors and teens**“, „**freestyle skiing**“, „**freestyle snowboarding**“, „**cross-country skiing**“, „**telemark skiing**“ and „**adaptive and disabled snow sports**“.

The respective training modules focus on multi-skills training rather than covering just the individual snow sport disciplines. In addition to the „main“ sport, participants learn skills from other modules in various degrees, so that they can instruct and supervise ski school guests on a variety of snow sports equipment.

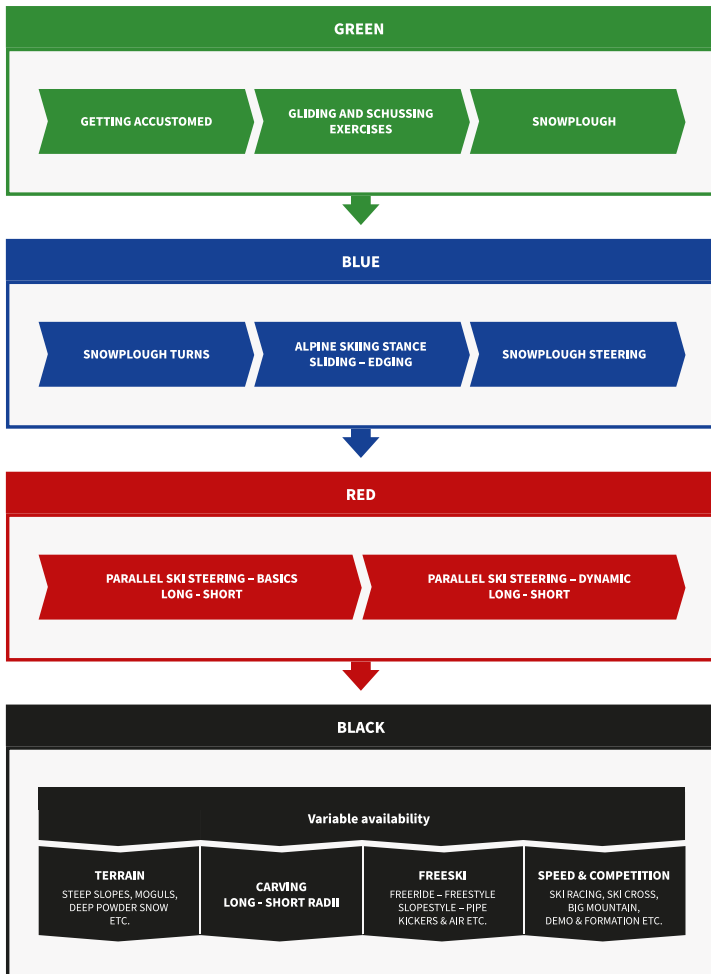
Participants who have passed the ski instructor course and attained the diploma “state-certified ski instructor“, for example, complete the highest training level „alpine skiing“ (black level) and also receive training as a snowboard instructor, multi-level alpine training, an introduction to cross-country skiing and current trend sports. In addition, they complete the level D trainer qualification programme.

FROM ENTRY TO PERFECTION IN FOUR STAGES

THE AUSTRIAN SKI INSTRUCTOR LEARNING PATH

The four stages are shown in the colours

GREEN • BLUE • RED • BLACK

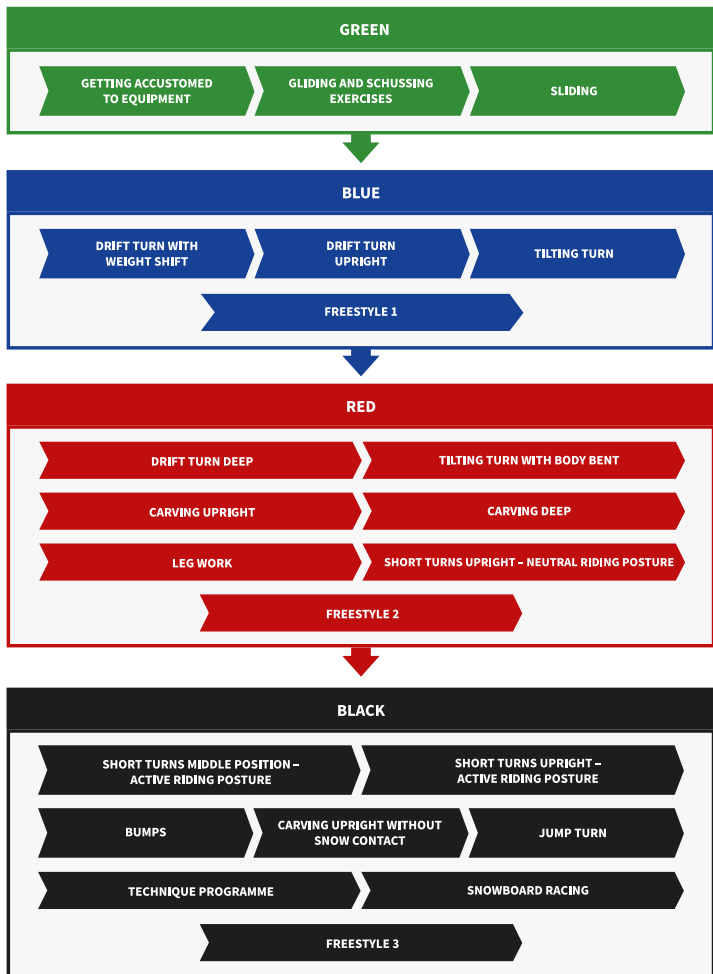


FROM ENTRY TO PERFECTION IN FOUR STAGES

THE AUSTRIAN SNOWBOARD INSTRUCTOR LEARNING PATH

The four stages are shown in the colours

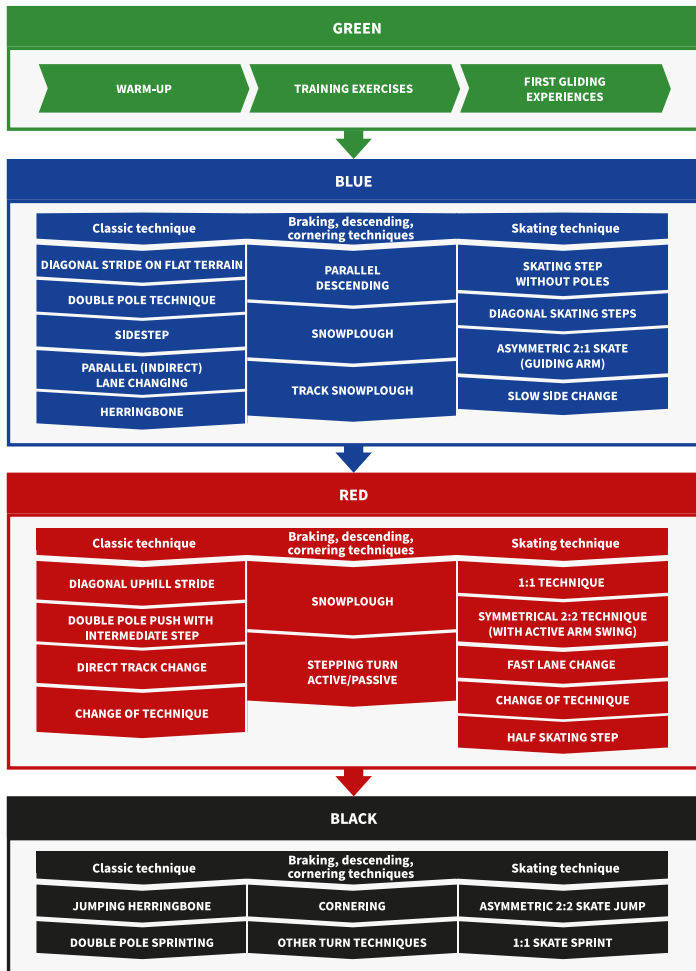
GREEN - BLUE - RED - BLACK



THE AUSTRIAN CROSS-COUNTRY SKI INSTRUCTOR LEARNING PATH

The four stages are shown in the colours

GREEN - BLUE - RED - BLACK

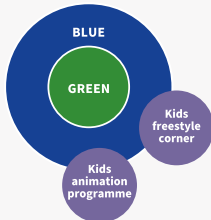


THE AUSTRIAN LEARNING PATH FOR KIDS, JUNIORS AND TEENS

The four stages are shown in the colours

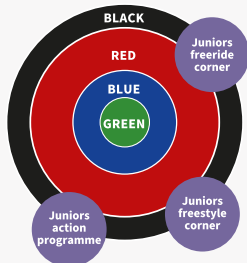
GREEN - BLUE - RED - BLACK

KIDS SKI COURSE (3 – 6 YEARS)



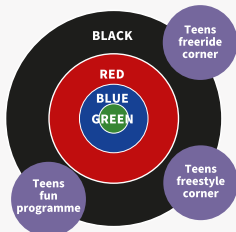
- Organisation, introductions and splitting participants into groups, warm-up exercises
- “Flitzen” (schussing) – braking (plough)
- Turning - plough turns
- Parallel skis (traverse)
- Door open / door close (plough steering)
- Skiing between poles
- Kids freestyle corner
- Kids animation programme

JUNIORS SKI COURSE (7 – 12 YEARS)



- GREEN section
- BLUE section
- Short carver programme I
- Parallel turning, long turns
- Parallel turning, short turns
- Technique programme red
- Shortcarver programme II
- Race carving
- Moguls
- Powder snow skiing
- Steeper slopes
- Show skiing
- Technique programme BLACK
- Introduction to racing
- Juniors freeride corner
- Juniors freestyle corner
- Juniors action programme

TEENS SKI COURSE (13+)



- GREEN section
- BLUE section
- RED section
- BLACK section
- Teens freeride corner
- Teens freestyle corner
- Teens fun programme



INTERSKI – CONGRESS 2023 LEVI

WORKSHOPS

The members of the Austrian demo team represent the Austrian snow sport learning path „Snowsport Austria - The Austrian Ski School - from entry to perfection in four stages”** on the topics of alpine skiing and snowboarding in the black level both on the demo slope and in the workshop of the ÖSSV.

Overall responsibility ÖSSV:

President Richard Walter

Head of demo team and workshop alpine skiing:

Dominik Gleirscher

Chief instructor of the Austrian diploma ski instructor course

Leader of the snowboard workshop:

Daniel Fiegl

Chief instructor snowboard ÖSSV

Members of the demo team:

Alpine skiing: Dieter Bischof, Markus Brunhofer, Bernhard Kaserer, Sandro Kleinhans, Manuel Kleon, Thomas Kreidenhuber, Julian Paul, Mathias Pekoll, Florian Perner, Patrik Walter

Snowboard and freestyle:

Daniel Fiegl, Jürgen Kogler, Michael Lippitsch, Benjamin Tuschinski, Andreas Jenewein

WORKSHOP

ALPINE SKIING





BLACK

Variable availability

TERRAIN

STEEP SLOPES, MOGULS,
DEEP POWDER SNOW
ETC.

CARVING LONG - SHORT RADII

FREESKI

FREERIDE - FREESTYLE
SLOPESTYLE - PIPE
KICKERS & AIR ETC.

SPEED & COMPETITION

SKI RACING, SKI CROSS,
BIG MOUNTAIN,
DEMO & FORMATION ETC.

CARVING & RACING / CARVING LONG RADII

Goal

Preparation for giant slalom; athletic safe skiing at high speeds on hard slopes, carved turns in long radii.

TERRAIN

Slightly sloping to steep terrain

Instructions

Carving long radii. Keep a calm, stable upper body position, ready to move. Ski along the waist of the uphill edges. From the steering pressure (release), tilting forward/backward with edging and weighting of the skis initiates the new change of direction. Turn your skis according to the situation and use ski poles to support the round turn. Finish the turn in alpine skiing style (turn position). The outside ski is the ski with the most weight on it and takes over the main part of the steering phase. Transfer weight to the inside ski depending on the situation.

PRACTICE TIP:

» Curve to the slope, consolidate curve control over the radius of the ski's waist, a steeper approach and larger upturn angle results in narrower radii.



EXERCISES

- ✓ Fans up to the fall line, precise steering along the waist (building up pressure)
- ✓ Carving garland along the waist (tipping skis on edge)
- ✓ One and a half curve
- ✓ Create contrasts: Curves with drifting, transition to cutting
- ✓ Directional changes via the ski waist near the fall line
- ✓ Directional changes via the ski waist closer to the fall line
- ✓ Apply in different situations

CARVING – SHORT RADII

GOAL

Cut changes of direction in short radii using the appropriate material.

TERRAIN

Slightly inclined to steep terrain

INSTRUCTIONS

Carving short radii. Riding on the uphill edges. From the steering pressure (release) - turning the bent legs under a steady upper body and putting weight on the skis. Set up the alpine riding style and finish steering. Use the ski poles according to the situation.

EXERCISES

- ✓ Tip legs close to the fall line - middle position
- ✓ Tip legs in squat position
- ✓ Carving in short radii more from the fall line
- ✓ Variation of speed, radius, and terrain (hard groomed slopes!)

PRACTICAL TIP:

» Perform exercises exclusively on well prepared slopes with appropriate equipment.



CARVING – BASIC RACING TECHNIQUE

The target group of the explanations on the topics of carving, speed and carved turns are skiers who want to develop into ski racers. With this high objective, ski instructor training and coaching meet in the villages, districts, and at the level of the ski clubs and ski schools. Snow sports instructors looking to expand their teaching activities will find a varied field of activities, providing valuable support for Austria's young racers.

In particular, the development of a solid basic technique of the prospective ski racers at a young age is the declared goal of this training level. With the snow sports instructors, the clubs have trained professionals with profound basic knowledge at their side. The basic technical skiing requirement for a successful further career is mastering the teaching objective of carving in all radii.

Particular attention must be paid to a skier's willingness to move in a track width appropriate to the situation and to a solid alpine skiing style. Subsequently, the elements of skiing learned so far are to be applied in a versatile way. Variations of slope gradients, piste and snow conditions as well as skiing under time pressure should be integrated into the ski training in a targeted manner. A versatile rhythm and increase in frequency by shortening the radius lead to consolidated carving in short radii. This also leads to perfection of the fine form in the free use and versatile application of cutting carved turns in all radii.

CARVING TECHNIQUE GUIDELINE

The skis glide with snow contact during the entire change of direction. The vertical range of motion becomes increasingly smaller. The forward/inward movement and the high steering forces in the curve create a tilting moment that shifts the body's center of gravity inward. In steeper terrain or with narrower radii, the skis must be set at an angle that allows further steering along the ski's waistline.

The turning of the skis then transitions into the gliding cutting of the uphill edges. By turning the skis to the side, finishing the steering phase is possible even on steep slopes, thus achieving speed control. The expert skier masters the entire spectrum of steering turns from sliding to cutting and is able to apply these elements correctly according to the situation.



SKI RACING

A solid basic technique serves as the basis for skiers interested in racing, which is subsequently applied in racing and competitions. The various disciplines of downhill, super-G, giant slalom and slalom are specifically built up using different forms of training. These different disciplines are also largely determined by the competition rules of the International Ski Federation (FIS).

Especially in the discipline slalom and to achieve the teaching goal „carving short radii with slalom carvers“, the fan and the use of the mentioned training aids are suitable. Training aids such as pole alley, funnel, hourglass or rake support the learning success in the above-mentioned disciplines. Also, the responsible commission of the European Community has chosen the giant slalom as a basis for the evaluation of practical skills for snow sports instructors for interstate recognition procedures among its member states (Eurotest). Therefore, this discipline from ski racing is of particular importance and the path already taken in Austria with the giant slalom as an exam subject in the training of snow sports instructors has been confirmed by these Europe-wide requirements.



STEEP SLOPES

GOAL

Safe skiing on steep terrain. Being able to push off the edge with both legs in order to edge and turn the skis.

TERRAIN

Steep terrain - hard

INSTRUCTIONS

In the steering phase, build up pressure by going down and tilting the skis - use of the pole - simultaneous two-legged take-off by stretching the ankle, knee and hip joints - turning and edging the skis. After landing, steering from the fall line and building up the alpine skiing style.

EXERCISES

- ✓ Stance exercise; explanation of the two-legged edge push-off.
- ✓ Jumping exercises in the fall line or during the incline with use of poles
- ✓ Slide steps
- ✓ Starting at an angle in an elevated middle position, hockey stop
- ✓ Start diagonally in raised middle position, hockey stop, pole plant, jumping up
- ✓ Start diagonally in raised middle position, hockey stop, pole plant, jumping up, line up, jumping garland
- ✓ A turn out of the hockey stop
- ✓ Linking sequences
- ✓ Varying radii

PRACTICE TIP:

» Excellent alpine skiing skills are required for a good push-off.



MOGULS

GOAL

Controlled skiing of moguls by bending and stretching during turns - strive for constant snow contact.

TERRAIN

Slightly inclined to steep terrain

INSTRUCTIONS

Bending the legs from the middle position while skiing on top of the bump - using the poles just before the crest of the wave - edging, turning the skis on the crest of the bump - stretching the legs turning into the wave trough - building up the alpine skiing style - steering.

EXERCISES

- ✓ Schussing or sloping over moguls
- ✓ Active and passive bending and stretching of the legs (balancing technique)
- ✓ Stance exercise, explanation of turning on the bump crest with use of poles
- ✓ From a standing position: starting off on the crest of the wave, turning and steering into the trough
- ✓ Turning to the slope over a bump
- ✓ Single turn: Riding over a bump - bending and stretching while turning and steering
- ✓ Linking curves, connected by diagonal turns
- ✓ Varying lane choice and rhythm; riding over bumps - riding through the troughs of moguls

PRACTICE TIP:

- » Using a wave slope supports learning success.
- » Pay attention to the right tactics and line selection.



Skiing steep slopes requires excellent alpine skiing skills. Tipping the skis strongly on edge and use of poles, along with well-bent legs, form the basis for the push-off. After the push-off, the skis are unloaded for a moment. This facilitates edging and turning of the skis. The landing pressure must be absorbed by the legs; at the same time the skis are steered out of the fall line (speed control!). The use of the pole supports the upward movement, serves as a turning aid, and helps the skier maintain balance during the unloading phase.

At higher speeds, the bumps must be absorbed by bending the legs in order to keep the body's center of gravity as stable as possible. The known movement patterns are applied to the balancing technique. This enables controlled skiing, maintaining balance, and speed control. The legs absorb the bumps, the upper body is in dynamic balance. In this way, the skier tries to keep the centre of gravity as central as possible above the middle of the ski. Even after a short flight, the skier immediately tries to regain contact with the snow in order to be able to steer again. Skiing on moguls is a challenge for every skier and requires solid basic training at the RED level.

Skiing moguls requires good balancing and coordination skills, adaptability, and physical fitness. Especially for this teaching objective, nothing can replace frequent practice. In the context of the competition discipline „freestyle“, the term „moguls“ has become established in the international competition regulations.



DEEP SNOW

GOAL

Keeping a good rhythm while enjoying skiing in deep snow.

TERRAIN

Slightly inclined to steep terrain

INSTRUCTIONS

Starting in the fall line - bending the legs and folding them over - steering the skis to the slope in an alpine style by stretching and turning. Both skis are loaded almost equally. By building up pressure during the steering phase, a „cushion“ forms under the skis that can be used as an abutment. Towards the end of steering, this cushion helps to free the skis and initiate the new turn - pole use. High release and flexion-stretch turning merge into a mixed form in the rhythmic curve.

EXERCISES

- ✓ Schussing or diagonal sliding - oscillating between forward, middle and back
- ✓ Schussing or diagonal sliding - pedalling
- ✓ Schussing or diagonal sliding with knee tipping
- ✓ Slight changes of direction through upward movement in gently sloping terrain
- ✓ Linking rhythmic changes of direction in deep snow
- ✓ Varying speed, terrain, and radius according to the situation

PRACTICE TIP:

» Modern powder skis enhance the learning success.





SAFETY

Deep powder skiing requires a high degree of responsibility on the part of the ski instructor and the guest. To ensure everyone's safety, it is essential to know and follow the rules of conduct for skiing off-piste at all times.

DESCENDING IN DEEP SNOW

There's no discipline where the skier's individual skills become more evident than in skiing deep snow. The choice of line, the rhythm, and the control of direction contribute to an exhilarating and memorable experience.

DEMO & FORMATION

GOAL

Skiing in formation; synchronous changes of direction and movements, also to music.

TERRAIN

Slightly inclined (even) to moderately steep terrain

INSTRUCTIONS

At the beginning, line up in an orderly fashion and pay attention to the correct distances. Start at the same time and find the rhythm. Provide enough space for a safe stop.

SOME EXAMPLES OF FORMATION AND SYNCHRONIZED RIDING

In pairs

- ✓ Short radii in unison, behind each other (shadow riding), side by side
- ✓ Short radii with opposite rhythm, one behind the other

Group formations

- ✓ Formations in unison and opposite rhythm
- ✓ Formations in long radii
- ✓ Formations with rhythm changes



PRACTICE TIP:

» Pay attention to safety within the group.



FREERIDE SKIING



Freeride skiing is a style of skiing on natural, ungroomed terrain. It is a special experience to move playfully by taking advantage of the terrain. However, freeriding requires expertise in deep snow skiing and adequate preparation to ensure a high level of safety.

The biggest innovation in freeriding came from changes in the material. Skis have become much wider, which means that higher speeds can be achieved in the terrain. Freeriding is about creating a kind of „surfer feeling“ and a certain „flow“ when mastering a slope in a special way. Freeriding is now a fixed component of the snow sports instructor training courses in Austria. Starting at the GREEN level (applicant), this area is intensified in the state snow sports instructor training. The ski guide training teaches special skills such as the correct choice of lines, off-piste skiing technique, jumps, terrain assessment, etc.

TARGET AUDIENCE

Good skiers with the desire to go off-piste. Ski schools see a wide range of skiers, from youngsters to well-trained 60-year-olds.

GOAL

- ✓ Long turns on wide, unstructured slopes
- ✓ Taking skiing to the next level on steeper slopes with shorter radii (speed)
- ✓ Playful freeriding, experiencing a feeling of „surfing in the snow“
- ✓ Controlled jumps over small rocks and tree stumps (pillows)
- ✓ Offering high-end courses in our ski schools and turning good skiers into repeat clients

EQUIPMENT TIPS

Breathable clothing, boots with a walk function, and a freeride binding with touring properties and skins are a must in freeride sports. The waist of the skis should be at least 100mm under the binding.

Slight rockers in the front third of the ski tip additionally improve the lift in deep snow. With a softer construction than the classic piste ski, the bending line also makes playful skiing style (surf feeling) possible on long turns.

SAFETY EQUIPMENT

Avalanche transceiver, backpack with airbag system, shovel, probe, first aid kit, helmet, mobile phone.

USEFUL ADDITIONAL EQUIPMENT

Bivouac bag, protectors, radio transceivers, topographical map.



FREERIDE SKIING GLOSSARY

SLUFF	a mini avalanche usually triggered on steep faces
SLUFF MANAGEMENT	to trigger the loose snow in such a way that it does not obstruct your view and you don't need to stop
SHARKS	rocks that are only lightly covered by snow
PILLOWLINE	snow-covered tree stumps
STICK	a term used to describe making a good landing
WINDLIP	An overhanging ledge of snow, a snow cornice.
WIND/SUNCRUST	A snow layer melted by the packing action of wind or by radiation from the sun
RIDGE	an elevated crest
GULLY	funnel-like, narrow steep-sided channel
TRANSITION	flat section of the jump area - do not land there
3ER/7ER	360° spin/720° spin
KORK 3/7	if the head is below the body's centre of gravity during the spin
BLIND JUMP	if the landing is not visible during the jump
BACKSEAT	landing with your back or butt in the snow
BACKSLAP	landing with your full back in the snow
TOMAHAWK	to fall end-over-end down a mountain
CARWHEEL	sideway flip
CLIFFDROP	jump over rocks
LINE	chosen line
JIPPER	term for a park rider in freeriding
FACE	venue (slope)
LANDMARKS	points of reference in the face for the rider
SPEEDCHECK	speed check after landing
DOUBLE	two jumps in a row without a turn in between
SWEET SPOT	term for a „good landing“
TRAINEECATCHER	when you jump into an old landing (not good)
FACE/LINECHECK	checking the face for the best line

TIPS



- ✓ Practicing in deep snow on slopes works perfectly to get started
- ✓ Use ski routes - secured from avalanches
- ✓ Start with flat, unstructured slopes and rather long radii
- ✓ Control speed by steering to the slope - max out turn position
- ✓ Practice releasing pressure also in deep snow - use terrain
- ✓ Work out the so-called „rebound“ and learn to deal with it
- ✓ Go to next level in steeper terrain with shorter radii – rhythimized
- ✓ Playing with the terrain - crests, ridges, and gullies
- ✓ Practice first jumps over single rocks - check landing
- ✓ Practice first line-checking from opposite in easy faces
- ✓ Try to implement planned lines in the terrain - increase difficulties

SAFETY TIPS FOR PLANNING ON THE DAY BEFORE

- ✓ Go into the terrain with at least one fellow freerider – never venture out alone
- ✓ Inform family and friends about your planned adventure
- ✓ Read the avalanche bulletin daily and assess it carefully - indicated exposures, terrain types
- ✓ Obtain information about planned descents - maps, local experts, internet.
- ✓ Figure out steep sections, exposures, and terrain types from the map.
- ✓ Obtain weather information from the previous day (wind) and the weather forecast for the day of your planned adventure, watch how the weather develops
- ✓ Observe how weather develops - wind, visibility, and critical amounts of new snow
- ✓ Consider diurnal warming in spring - also in catchment areas

SAFETY TIPS ON-SITE

- ✓ Watch critical amounts of fresh snow
- ✓ Watch out for fresh avalanches and their size
- ✓ Wind signs - wind courses, dunes, cornices
- ✓ Consider diurnal warming

SAFETY TIPS FOR DESCENDING

- ✓ Constantly estimate or measure the steepness of the slope
- ✓ Rule of thumb: 2 under 40°, 3 under 35°, 4 under 30° or stay close to slopes
- ✓ Slopes with 35° grade and more: always descend individually
- ✓ Pay attention to terrain - transition from much to little snow, ridges and gullies
- ✓ Do not overwhelm group members - fear, unfamiliar surroundings, wrong reactions
- ✓ Choose safe assembly points
- ✓ Pay attention to warning signs - cracking, whooshing sounds, and weak layers
- ✓ Recognize signs of packed snow - sharp edge on skis and pole marks
- ✓ Use strategies - Munter, Snowcard or Stop or Go

FREERIDE BIG MOUNTAIN

Freeride skiing has been one of the fastest growing disciplines in alpine skiing over the past few years.

Skiing in ungroomed terrain is the origin of alpine skiing. Many ski resorts have recognised this trend and now actively offer their free ski terrain as a freeride area - good terrain is the best calling card.

EXERCISES TO IMPROVE BALANCE

- ✓ Exercises in standing position, in schuss position and in while crossing slopes
- ✓ Exercises in connection with different radii
- ✓ Using skills in different types of terrain and in different snow conditions

BALANCING IN LATERAL DIRECTION (LEFT/RIGHT)

- ✓ Drawing a line in the snow with the ski poles on the downhill side
- ✓ Skiing on one ski
- ✓ Schuss/crossing slope, lifting one ski
- ✓ (Slow) schuss/crossing slope - crossing inner ski over outer ski
- ✓ Developing balance left/right: riding on one ski, lifting inside ski off the snow
- ✓ Developing balance along the longitudinal axis of the ski: skiing in extreme positions, shifting the body's centre of gravity along the longitudinal axis of the ski



BALANCE IN LONGITUDINAL DIRECTION (BACK AND FORTH)

- ✓ Skiing with open ski boots (only slowly and only on well-prepared slopes)
- ✓ Skiing in extreme positions (forward and backward turning of the body's centre of gravity)
- ✓ Jumping exercises: jumping up, jumping over objects etc.
- ✓ Lifting of ski tips and/or ski tails
- ✓ Wave slopes
- ✓ Skiing moguls
- ✓ Skiing off-piste, deliberately looking for and skiing on slopes with different gradients
- ✓ Using and planting of ski poles
- ✓ Various exercises without ski poles
- ✓ Taking extreme positions (leaning far forward, leaning far back), create contrasts
- ✓ Skiing on one ski, skiing on the inside ski
- ✓ Skiing alternating between piste and deep snow
- ✓ Blind skiing with directional instructions from the partner

SKIING WITH RHYTHM - VARIATIONS OF SHORT RADII

Goal: Training movement sequences and getting a feeling for movement by finding good rhythm.

- ✓ Carving in medium radii, shortening radii
- ✓ Timing through rhythmic counting (1=high, 2-3-4=low or 1-2=high, 3-4=low) or 1-2=high, 3-4=low)
- ✓ Timing through rhythmizing syllables
- ✓ Rhythm changes short-long, long-short
- ✓ Varying rhythm by skiing various terrain types
- ✓ Formation riding (riding in shadows, tracks, in pairs, riding in larger groups in unison/counterpoint, riding in pairs with one pole side by side)
- ✓ Group riding (overtake group sideways in rhythm, get back in front)
- ✓ Find rhythm through pole use: only left/only right, 3x left/3x right, double pole use downhill double pole
- ✓ Variation single pole - double pole: right/SP, left-right/DP, left/SP etc.

LONG RADII

- ✓ Skiing on inside ski
- ✓ Carving with open ski boot buckles
- ✓ Switching between sliding and cutting
- ✓ Skiing on one ski
- ✓ Shifting the weight in the longitudinal axis of the ski - extreme positions

SHORT RADII

- ✓ Schussing, transition to carving
- ✓ Skiing on inside ski
- ✓ Double pole use
- ✓ Carving short radii with maximum frequency
- ✓ Carving on one ski
- ✓ Carving with bend-stretch-turn, carving with „deep release“.



EXERCISES WITHOUT POLES

Skiing diagonally

- ✓ Increase and decrease the edge angle
- ✓ Climb into a higher lane
- ✓ Partner simulates the centrifugal force and pulls once on both hands (open position) and once on the downhill hand (frontal position).
- ✓ Bow stepping

Schussing

- ✓ With step change
- ✓ Tip lower leg
- ✓ Turning over by tilting sideways
- ✓ Switching between x-leg/o-leg
- ✓ Extending a ski sideways into the plough position

WORKSHOP

SNOWBOARD



SHORT TURNS MIDDLE POSITION (active riding posture)

GOAL

Linking short, dynamic turns from the middle position where the rider uses active legwork to let the board flatten, drift and tilt from the middle position (pressure change). The upper body remains directionally stable during the entire movement - active riding style.

PREREQUISITES

- ✓ Mastery of short turns with high release (active riding style)
- ✓ Mastery of legwork techniques (pressure change)
- ✓ Skilled in short, dynamic board tilts

DESCRIPTION

The release takes place through an active change of pressure, whereby the board is kept flat and drifted by means of legwork under the body.

In the short steering phase, the board is tilted upwards by quickly and actively moving the lower legs over the knee joints in a semi-circular, inward turning motion. The upper body remains directionally stable during the entire movement - active riding style.

PRACTICE TIP:

» By holding a pole (Magic Stick) in front of the body, the position is fixed, and the danger of counter-rotation is minimised.





TEACHING METHOD

- ✓ Explain and demonstrate
- ✓ Stance exercise: Tilt the board alternately on the heelside and toeside edge in a well-bent position (help from partner).
- ✓ Tilting exercise: Slide steps in the fall line - in the middle position
- ✓ Slide steps diagonally across the slope - in the middle position
- ✓ Turn toward the slope with hockey stop and release in the middle position
- ✓ Garland: link several turns to the slope with hockey stop and release
- ✓ 1 1/2 turn - in the middle position
- ✓ Breakdown of full-body movement - flatter terrain first
- ✓ Refining the movement - only from the ankle and knee joint
- ✓ Lower system centre of gravity as well as stabilise arms in a lower position
- ✓ Linking sequences
- ✓ Technique programme

SHORT TURNS HIGH (active riding style)

GOAL

Linking short, dynamic turns with deep release, where the board moves under the body and the rider uses legwork to let the board flatten, drift and tilt. The upper body remains directionally stable during the entire movement - active riding style.

PREREQUISITES

- ✓ Mastery of short turns with high release (neutral riding style)
- ✓ Mastery of legwork techniques
- ✓ Skilled in short, dynamic board tilts

DESCRIPTION

The release takes place through a dynamic upward movement, whereby the board is kept flat and drifting under the body by means of legwork. In the short steering phase, a dynamic downward movement with simultaneous, fast, active movement of the lower legs over the knee joints takes place in a semi-circular manner; upward tilting inwards. The upper body remains directionally stable during the entire movement - active riding style.



TEACHING METHOD

- ✓ Explain and demonstrate
- ✓ Stance exercise, simulation of the movement sequence: tilt and release (help from partner)
- ✓ Tilting exercise, slide stairs in the fall line: tilting and dynamic deep movement
- ✓ Slide stairs diagonally across the slope: tilting and dynamic deep movement
- ✓ Turns towards the slope with hockey stop: short dynamic deep movement to board tilt
- ✓ Turns towards the slope with hockey stop and release: jump up into the same track
- ✓ Turns towards the slope with hockey stop and release: jump up out of the track
- ✓ Garland: several turns to the slope with hockey stop and release; linking.
- ✓ Jump garland: several turns to the slope with hockey stop and release (jumping out of the track) (jumping out of the track), linking.
- ✓ 1 1/2 turn: release by upward movement - starting by legwork, downward movement for tilting - active riding style
- ✓ Linking sequences
- ✓ Technique programme

BUMPS – BALANCING TECHNIQUE

GOAL

To negotiate „bumpy“ terrain by learning the balancing technique (bending, stretching, turning) and making turns according to the situation and the terrain.

PREREQUISITES

- ✓ Mastery of drift turn with deep unloading
- ✓ Flexibility in ankle, knee and hip joints
- ✓ Skilled in shifting system centre of gravity
- ✓ Good balance
- ✓ Quick reaction time
- ✓ Good strength and endurance

DESCRIPTION

The release is done by passively „letting the legs bend“ („flexing the legs“) at the crown of the bump. The board is placed flat under the body with the legs bent, then the board is tilted and turned (low resistance at the top of the bump).

By stretching the legs, the board is steered into the next wave trough. Avoid excessive twisting of the upper body. (Restricting the willingness to move)

TEACHING METHOD

On groomed slopes

- ✓ Explain and demonstrate
- ✓ Stance exercise: Simulation of the movement sequence
- ✓ Repeat: Garland with deep unloads
- ✓ Repeat: Drift turn with deep unloads - continuously increase frequency
- ✓ Short turn with deep unloads



In bumpy terrain

- ✓ Stance exercise: simulation of the movement sequence
- ✓ In the fall line: schussing over waves (balancing technique - legwork)
- ✓ Riding diagonally: over several bumps (balancing technique - turning in dynamic balance)
- ✓ 1 1/2 turn: at low speed over a single bump or over a „path edge“
- ✓ First linking exercise: combine single turns with longer diagonal rides, continuous reduction of diagonal rides
- ✓ Linking sequences: low tempo - round line into the wave trough - turn the board more, higher tempo - direct line - turn the board less
- ✓ Technique programme

CARVING HIGH WITHOUT SNOW CONTACT

GOAL

Linking a series of carved turns with an active, dynamic upward movement to unload and tilting the board without snow contact.

PREREQUISITES

- ✓ Mastery of cutting with high release
- ✓ Mobility in the ankle, knee and hip joints
- ✓ Skilled in dynamic tilting as well as in continuous pressure build-up in the control phase

DESCRIPTION

The release takes place through a dynamic upward movement to relieve the board with simultaneous diagonal inward turn and tilting the board without snow contact (direct change of edge). This is followed by a dynamic downward movement for increased, gradual pressure build-up over the entire turn radius.

TEACHING METHOD

- ✓ Explain and demonstrate
- ✓ Stance exercise: light jumps in standing position with alternating load on the edge - frontside / backside (help from partner)
- ✓ Turns towards the slope: jump several times into a higher track
- ✓ Turns towards the slope with release: start in an elevated middle position – dynamic – Release at the point of highest steering pressure by active upward movement (diagonally inward) and land with the board in flat position
- ✓ 1 1/2 turn: pressure build-up by dynamic downward movement - at the end of the steering phase active upward movement to edge the board - without snow contact and steer round to the slope
- ✓ Linking sequences
- ✓ Technique programme

JUMP TURN

GOAL

Linking short, cut turns, whereby an impulse is generated by a fast, dynamic board tilt at the end of the steering phase, which is used by neutralising (unloading) to release the load and tilt the board (without snow contact).

PREREQUISITES

- ✓ Mastery of legwork
- ✓ Flexibility in the ankle and knee joints
- ✓ Skill in short, dynamic tilting at the end of the control phase

DESCRIPTION

The release takes place through a short, dynamic board tilt (fast, active movement of the lower legs over the knee joints; semi-circular, turning inwards) at the end of the steering phase. This causes the board to generate tension produced by active muscle power (twisting in the longitudinal axis of the board - torsion), which is used very dynamically by neutralising (releasing) as an impulse for unloading and tilting (without snow contact). Steer towards the slope by flexing the legs.

TEACHING METHOD

- ✓ Explain and demonstrate
- ✓ Stance exercise: simulation of the movement sequence - without board
- ✓ Alternating board tilt by dynamically moving the lower legs over the knee joints; semi-circular turns inwards
- ✓ Turns towards the slope with dynamic release
- ✓ Jump garland: several turns towards the slope with release - linking movements
- ✓ Linking sequences
- ✓ Technique programme

TECHNIQUE PROGRAMME

GOAL

The movement sequences already learned are improved through the technique programme and refined in such a way that they are variably available in all situations. In this way, the student learns to perceive/feel the correct movement sequences (GET A FEEL FOR THE MOVEMENT!). The main focus is on improving coordination skills (balance, reaction, rhythm, orientation, etc.).

EXERCISE DESCRIPTIONS

By correctly applying the exercises from the exercise material, the movement sequences and executions are made more difficult and thus the partial body movements are fine-tuned.

STEERING EXERCISES

- ✓ Turns towards the slope, garlands, 1 1/2 turn
- ✓ Increase angle of board tilt
- ✓ Several times stronger tipping on edge in the steering phase
- ✓ Position training (neutral riding/active riding)
- ✓ During the descent change of different types of turns
- ✓ Terrain, tempo and rhythm changes
- ✓ Hockey stop garland
- ✓ Grabbed turns
- ✓ From drifting to cutting
- ✓ Shifting center of gravity towards the back leg at the end of the steering phase
- ✓ Changing carving high and jump turn
- ✓ Switch grabbed turns
- ✓ Jump garland
- ✓ Formation skiing
- ✓ Bobsled
- ✓ Boardercross
- ✓ Racing
- ✓ One Foot Turns
- ✓ Rhythm change
- ✓ Poles programme

TILTING EXERCISES

- ✓ Strong board tilt and keeping balance while standing
- ✓ Slide on the fall line with more and less tilting
- ✓ Shift the body's centre of gravity along the longitudinal axis of the body during the fall line slide (until sitting down)
- ✓ Ride steeper terrain
- ✓ BS in steering phase - actively tighten toes, FS push knees towards slope
- ✓ DS high in steering phase go extremely low
- ✓ Rotating
- ✓ Jump up the slope on the FS edge (4/5 jumps)
- ✓ Jump up the slope on the BS edge (4/5 jumps)
- ✓ Stance exercises with help from partner
- ✓ Drifting and tilting the board
- ✓ Hockey stop without release and with release in the new direction
- ✓ Hockey stop garland
- ✓ Short turn diagonally across the slope
- ✓ Slide stairs
- ✓ Long turns diagonally across the slope (safety)
- ✓ Grabbed turns
- ✓ Legwork close to the fall line (changing edge without snow contact)
- ✓ Twister (tilting twice)
- ✓ Light jumps in the control phase
- ✓ Increasing legwork garland until edging over
- ✓ Switch carving
- ✓ Jump and change edge
- ✓ Short turn with deep unloads
- ✓ Vitelli turn
- ✓ Jump garland

POSITION TRAINING (NEUTRAL RIDING STYLE)

- ✓ Position training through movement instructions (simultaneous)
- ✓ Position training in standing position
- ✓ Hip support (hands on hips) - balance and body position
- ✓ Hip clamp (BS press front hand into hip and move back hand continuously towards nose;
FS press back hand into hip and extend front hand towards hill)
- ✓ Hands clasped in front of the body (correction bend and rotation)
- ✓ Hands behind the neck (correction bend and rotation)
- ✓ Hands behind the back (corrective bend and rotation)
- ✓ Hands above the head (more upright position, more movement in the ankle and knee joints/correction bend and rotation)
- ✓ Hands on knees (lower SSP - more bending of joints)
- ✓ Shoulder lock (back hand on the back, front hand is over the loaded edge)
- ✓ Knee touch backside:
place the back hand on the front knee
- ✓ Knee touch frontside:
place the front hand on the back knee

POSITION TRAINING (RIDING STYLE)

- ✓ Simulation of movement in stance/body bend (help from partner)
- ✓ Feel differences in position (high/low, forward/backward)
- ✓ Extending the arms with body bending (swallow/plane)
- ✓ BS place back hand on front knee
- ✓ FS place front hand on the front highback
- ✓ Grabbed turns
- ✓ Pole exercises (see pole programme)
- ✓ Variations: SB teacher track, through gates, terrain, speed, radius, snow condition

POLE PROGRAMME

- ✓ Long pole (or Magic Sticks)
- ✓ Riding with the long pole is one of the best exercises for correct body position as well as for stabilising the upper body and arm position (fixed position)
- ✓ Simulation of the movement sequence in standing position - without board (riding style)
- ✓ Position training through movement instruction:
 - Riding with the pole at knee height (lower position)
 - Riding with the pole at hip height
 - Riding with the pole behind the neck
 - Riding with the pole above the head
 - Riding with the pole behind the back
 - Riding with the pole at the back of the knees
 - Riding with the pole while bending the body
 - Riding with the pole - downhill snow contact (bending the body, tilting)
 - Riding with the pole - uphill snow contact (help for turning)

STUBBIES

By using stubbies in the training, the snowboard instructor has a variety of possibilities to set turn radii (gates, pole alley, pole forest, funnel, hourglass, etc.).

The main advantage of these poles is their easy handling, low weight and space requirement (no risk of injury - safety).

- ✓ Uniformly long radii (close to the fall line)
- ✓ Uniformly long radii (further from the fall line)
- ✓ Shorten radii (close to the fall line)
- ✓ Shorten radii (further out of the fall line)
- ✓ Shorten radii rhythmically (in the fall line)
- ✓ Vary radii
- ✓ Set goal sequence diagonally across the slope - on both sides
- ✓ Variation of lines (3 stubbies per change of direction)
- ✓ Series of poles
- ✓ Alley of poles
- ✓ 2 alleys of poles next to each other with different widths (change)
- ✓ Pole funnel
- ✓ Hourglass
- ✓ Skill runs
- ✓ Variations: SB teacher track, through gates, terrain, pace, radius, snow condition, over bumps - balancing technique.

EXERCISES FOR RELEASE (DRIFT TURN WITH WEIGHT SHIFT)

- ✓ from a standing position
- ✓ Single turns from a standing position and riding
- ✓ Instructor has the student stand with the snowboard on their leg (ca. at the student's leading leg) and then release and ride the single turn
- ✓ During the descent, place both hands on the front knee to release
- ✓ During the descent, move the front hand towards the nose to release

SHORT RADII

- ✓ Simulation of the movement sequence in the standing position (support from partner)
- ✓ Pole exercises (see pole programme)
- ✓ Hip support
- ✓ Knee touch
- ✓ Hip support
- ✓ Interlock hands in front of body
- ✓ BS clap behind the body
- ✓ FS clap in front of body
- ✓ Touch hands under front thigh (turn with it)
- ✓ Hands behind neck (upright upper body position - more movement in ankle and knee joint)
- ✓ Hands above head (upright upper body position - more movement in jump and knee joint)
- ✓ Hockey stop garland
- ✓ Getting into a rhythm of movement sequences - SB teacher shouting
- ✓ Getting into a rhythm of movement sequences by clapping hands
- ✓ Increase frequency to the limit
- ✓ Variations: SB teacher track, through gates, terrain, speed, radius, snow condition

REFINING

- ✓ Riding with loose boots
- ✓ Riding with eyes closed (following voice instructions)
- ✓ Snowdeck
- ✓ One-foot turns
- ✓ Riding without highback
- ✓ Material change





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