



Phase 1: Transition

Technique:

- Stacked over the skis - Center of mass (COM) over the skis
- Athletic position - slight forward torso lean - We need to be aware of this position, very individual - It is possible to have too much forward lean or too much rear lean.
- Keep your legs inside your box - *The box refers to walls placed on the outside of your shoulders extending down to your skis - Your leg moving outside the box will create a long outside leg at the top of the turn not allowing for ankle or knee flexion.*
- Engage the knee and ankle
- Upper lower body separation - This will prevent the outside ski getting too far away from the body

Tactics:

- The line that the athlete released at the last turn should continue to the top of the next turn heading into the pocket. (Diagonal). This allows for flow and no need to redirect the skis (slide/drift) into the top of the turn
- Now the athlete needs to be looking for the pocket of the turn ***Refer to the end of the document, which explains the pocket concept.**

Phase 2: Entering the gate

Technique:

- Continue to drive the knee and ankle
- Continue to build the upper lower body separation
- Arc as clean as possible

Tactics:

- Ski deep into the pocket of the turn - Be confident in this, believe it.
- Ski the lowest line as possible while still being able to create enough turn shape and be in the correct position
- This is the point where you put max force and bend into the ski
- **Tactics allow for proper technique.**



Skis are pointing out to the fences going into the top of the turn.



He is drifting going in but the technique doesn't change, still square and level over the outside with knee drive, prepares him to arc when he is ready.



Also a small redirect was happening but again technique doesn't change so he is ready to arc clean when its time.



Here is an example of a clean entry. Although his upper body is slightly inside, he maintains strong knee and ankle drive, which keeps him connected to the outside ski and the snow. As a result, he maintains grip and energy throughout the turn

Phase 3 (at the gate)

- **Technique -**

- Driving the knee and ankle
- Arcing clean coming into the gate
- Strong upper and lower body separation still with a lot of knee and ankle drive, allows you to be very heavy over the outside ski, grip and power coming out of the turn



- **Tactics -**

- Should be thinking about releasing the energy within a few ski lengths after hitting the gate, other wise no tactics to think about, the tactic work was already done before this phase.

Phase 4 (end of the turn, leading back into Phase 1 transition)

• **Technique -**

- Just after hitting the gate we need to be thinking about getting out of the turn as soon as possible, while still maintaining a strong position after passing the gate.
 - We need to stay level over the outside ski, maintaining grip and contact with the snow. I have used terms such as ‘**standing out the turn**’ or ‘**close out the turn**’
 - The upper body should be still facing square down the hill.
- Getting out of the turn within a few ski lengths can be accomplished with a few ways of thinking (will be individual with each athlete and what makes the most sense to them). The best guys can get back to center within 3 ski lengths, no later than the half way point. If you switch past the halfway point you will be forced to throw your skis to the outside resulting in no build or clean arc.
 - One way is to think about straightening up the knees and ankles while moving the hip up and forward.
 - Another way is to simply think about moving the hip up and getting back to a centered position square over the skis. COM back over the skis.
- We need to have an independent weight transfer from the old outside ski to the new outside ski during this movement of coming back to center with the position.
- As we move the position back to center we need to already transfer the weight to the new outside ski, that way you establish a platform, so all you need to think about doing now is committing to the line you set going into the next turn. Your position is set and ready to move back into **Phase 1** of the turn.

• **Tactics -**

- At the gate, your skis should be pointed to the next gate, this will be slightly “under-directed,” As you finish the turn by moving back to center (into Phase 1) your skis will naturally continue to pull radius creating the right amount of direction. This lets the turn finish on the correct diagonal and creates a smooth transition into the next turn. **Look at the Odermatt sequence below from Kranjska Gora 2026*



*At the gate,
Odermatt's skis
are pointed
directly at the
next blue gate*



As Odermatt releases the energy, more direction is naturally being created



Within three ski lengths he is back to center or (Phase 1) and the last bit of direction is completed. You also see the weight transfer to the new outside ski and the leg stays inside the box.



Just after the gate Braathen stays square down the hill and stands out the turn

Drifting -

A drift is a tool to achieve the following

- Control speed
- Control energy
- Correct your line

A proper drift will happen shortly before the gate with a redirect of the skis, but with full intention to point the skis back out towards the pocket of the turn before you get to the gate.

During the drift you should still have full control of the outside ski, this would mean that the outside leg stays relatively underneath your COM with upper/lower body separation. This will allow you to continue the proper process of the turn.



River redirects the skis shortly before the gate. He maintains ankle and knee flexion, upper/lower body separation and has control of the outside ski.

Before River gets to the gate his ski tips are pointed back to the pocket, now he is back to making a normal turn

Because of all the correct processes above River is able to give full power to the outside ski. Strong and stable position.

A common mistake when 'Drifting' -

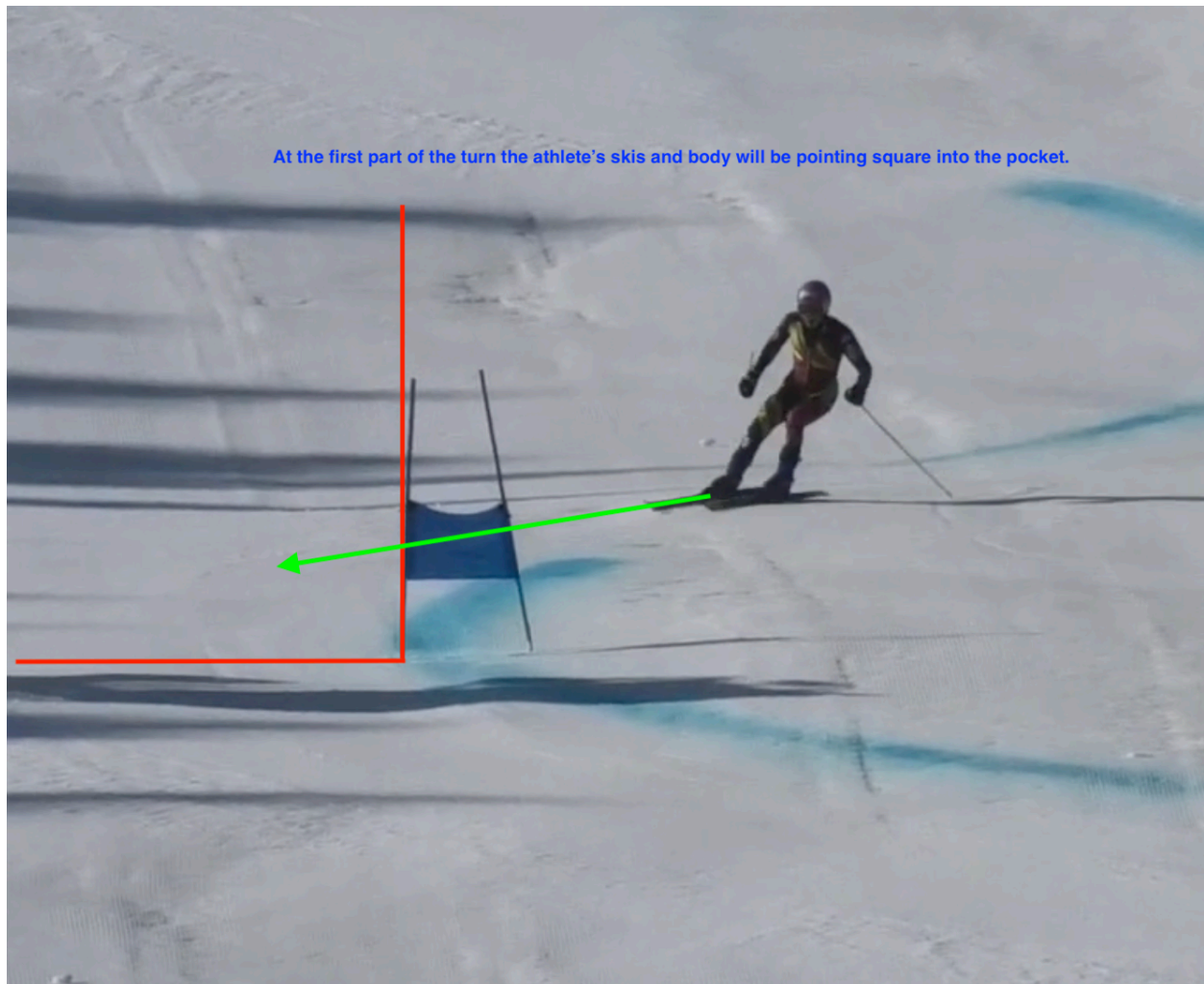
- Athletes will redirect the skis immediately after the turn is completed resulting in
 - Throwing their skis far outside their body,
 - Creating a straight outside leg,
 - No control of the outside ski, lack of upper/lower body separation
 - Ski tips will stay pointed down the hill, opposed to pointing the tips back out to the pocket.

This is not a drift, this is a power slide. SLOW!

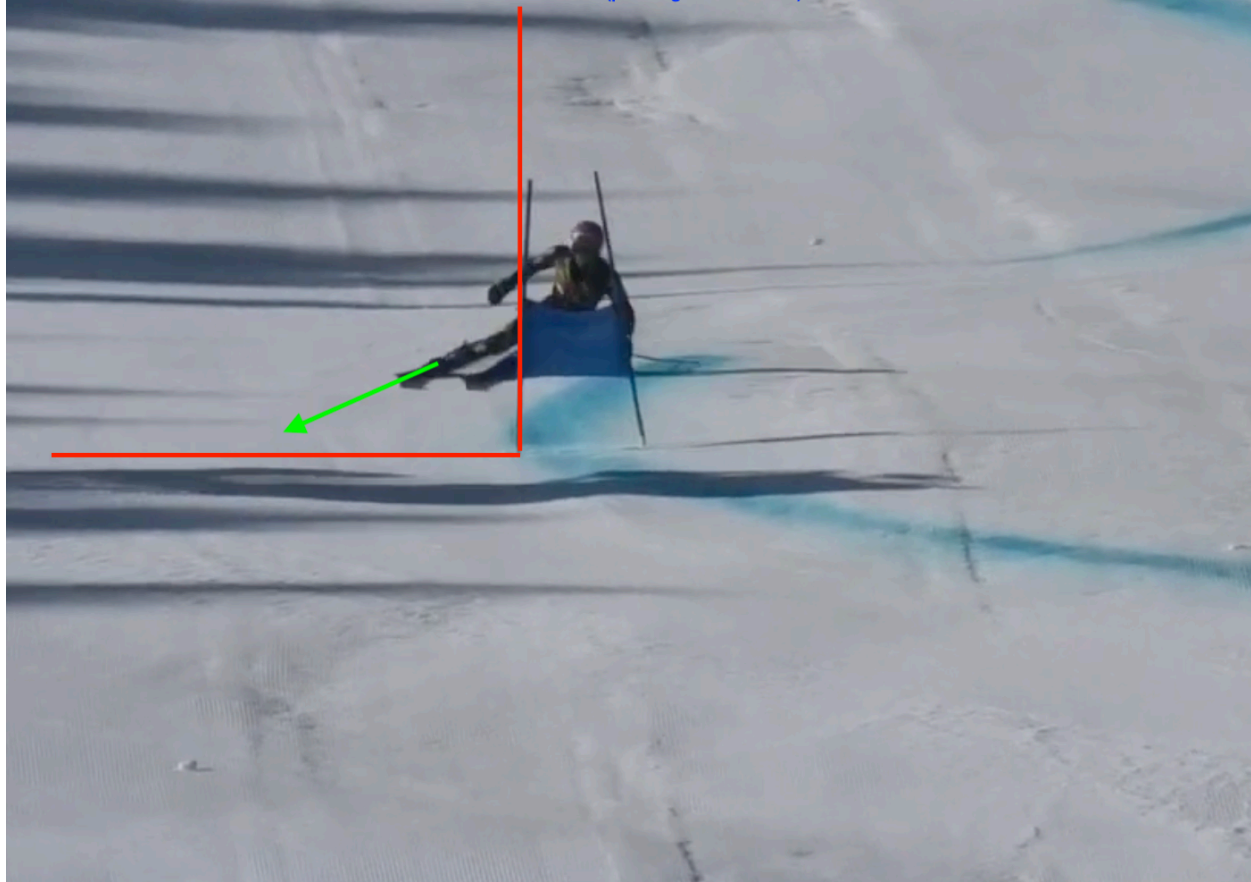


Skiing into the pocket concept:

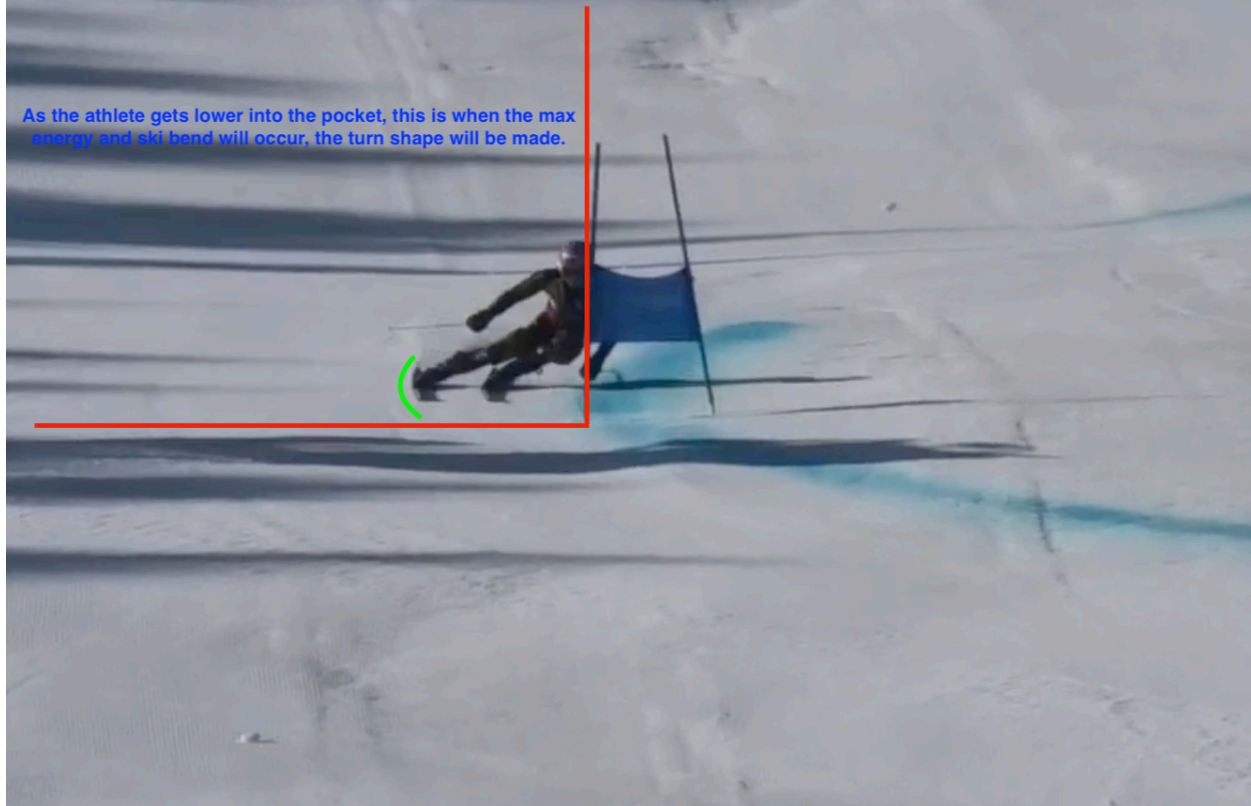
Instead of focusing on the rise line alone, it is easier or more obvious for the athlete to focus on a larger area to ski into, described as the 'the pocket'. It is simple and easy for the athlete to visualize while skiing. The pocket is simply the vertical line (the rise line) from the gate up the hill, and a horizontal line from the turning gate, creating an L shape at the gate. Everything inside that L shape is the pocket. If the athlete is able to get their skis and most of their body into the L shape or the Pocket, then they can be sure they have skied deep enough into the turn. Their skis should be point out to the fences while skiing into the pocket, and only once they have gotten into the pocket that is when the turn shape begins and the majority of the skier's energy is created. The deeper the athlete skis into the pocket more space to the gate will be created. This concept allows the athletes to see a much broader area while skiing which allows them to ski deep enough into the turn, opposed to only focusing on an imaginary rise line. The rise line can be difficult to locate depending on the angle of the gate, side hill etc.. The pocket gives a larger visual.



As the athlete continues to ski deeper into the pocket, more edge angle will naturally be created from building more outside ski pressure, his goal now is to ski as deep as possible into the pocket before creating the turn shape. Notice the direction of the ski tips, still pointing towards the outside (pointing to the fences)

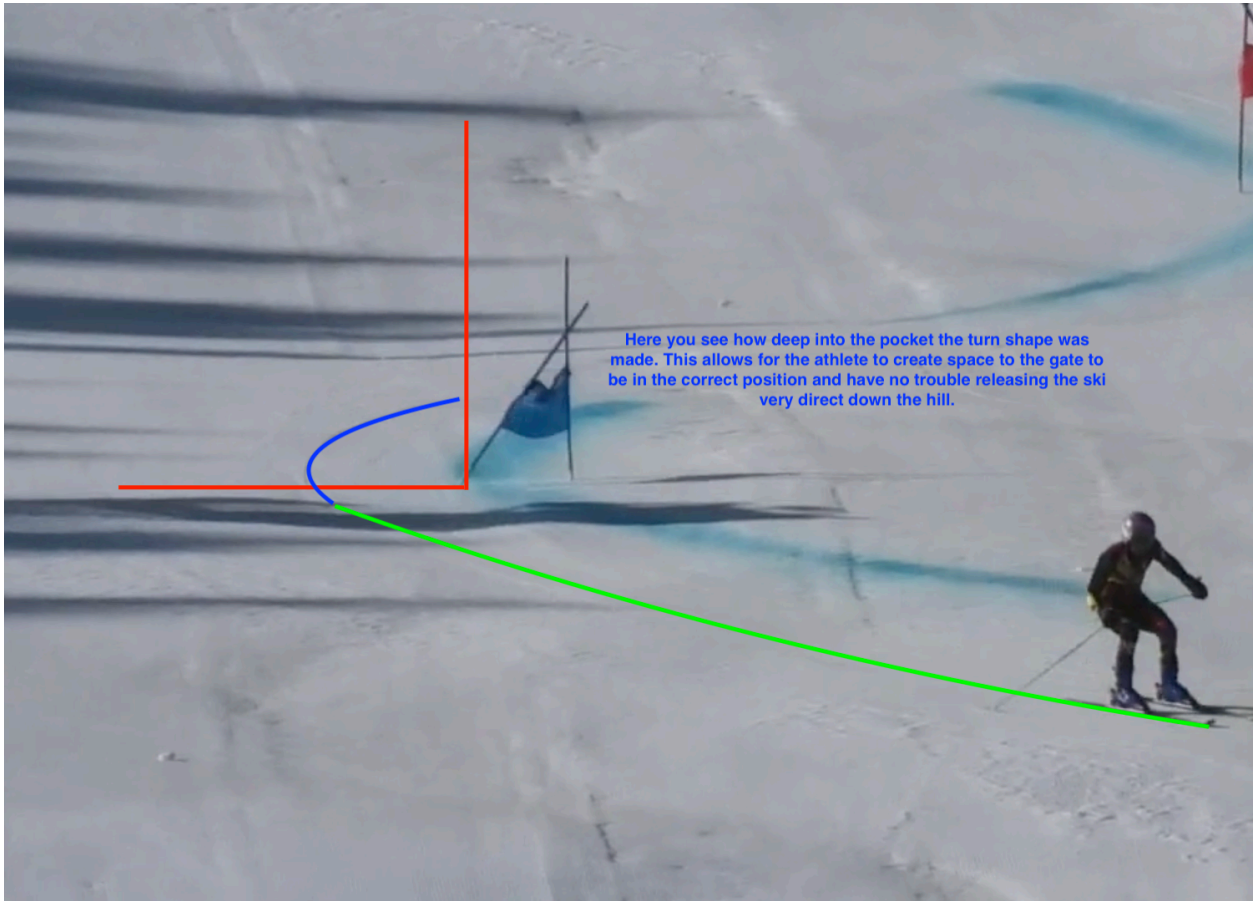


As the athlete gets lower into the pocket, this is when the max energy and ski bend will occur, the turn shape will be made.





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Here you see how deep into the pocket the turn shape was made. This allows for the athlete to create space to the gate to be in the correct position and have no trouble releasing the ski very direct down the hill.

