**Individual Skiing Video Analysis of Basic Skill Technique**

Watch the video. Observe the problems with each skill technique. Discuss your observations and identify the errors. Then offer feedback to remedy the problem. If you observe no errors, what verbal cues could you provide the skier to encourage correct technique?

**Herringbone**

|  |  |  |
| --- | --- | --- |
| Skill: Herringbone | Error | Feedback to correct problem |
| Hand/Arm Placement |  |  |
| Body Position |  |  |
| Legs |  |  |
| Feet |  |  |
| Edges/Ski Position |  |  |

**Hockey Stop**

|  |  |  |
| --- | --- | --- |
| Skill: Hockey Stop | Error | Feedback to correct problem |
| Hand/Arm Placement |  |  |
| Body Position |  |  |
| Legs |  |  |
| Feet |  |  |
| Edges/Ski Position |  |  |

**Snowplough**

|  |  |  |
| --- | --- | --- |
| Skill: Snowplough | Error | Feedback to correct problem |
| Hand/Arm Placement |  |  |
| Body Position |  |  |
| Legs |  |  |
| Feet |  |  |
| Edges/Ski Position |  |  |

**Turning Video 1**

|  |  |  |
| --- | --- | --- |
| Skill: Turning Video 1 | Error | Feedback to correct problem |
| Hand/Arm Placement |  |  |
| Body Position |  |  |
| Legs |  |  |
| Feet |  |  |
| Edges/Ski Position |  |  |

**Turning Video 2**

|  |  |  |
| --- | --- | --- |
| Skill: Turning Video 2 | Error | Feedback to correct problem |
| Hand/Arm Placement |  |  |
| Body Position |  |  |
| Legs |  |  |
| Feet |  |  |
| Edges/Ski Position |  |  |