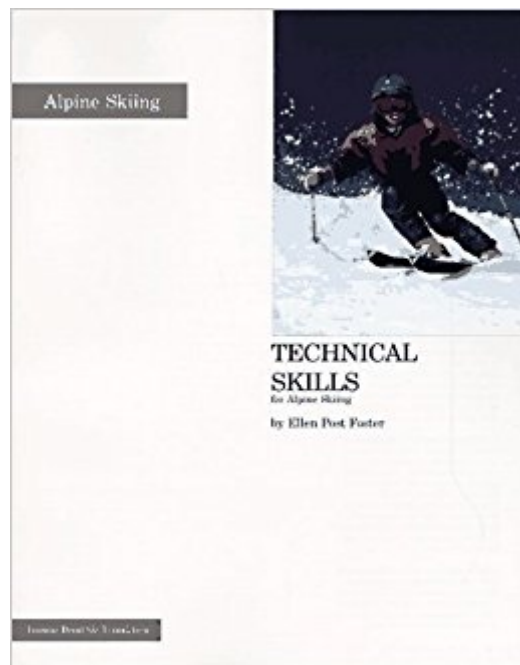


The book was found

# Technical Skills For Alpine Skiing



## Synopsis

Technical Skills for Alpine Skiing is an instructional book written to educate and excite parents, coaches and school-age athletes about skiing. Unique among books of this type, Technical Skills for Alpine Skiing provides readily applicable exercises and drills to enhance the performance of young skiers. Young skiers are highly motivated by their desire to free ski; ski anywhere on a mountain. They also respond eagerly to challenge and the opportunity for personal achievement. Through "directed free skiing," skiers can work toward a goal, develop a routine to encourage optimum performance, and add constructive focus to each run down the mountain. These themes provide the basis for Technical Skills for Alpine Skiing. Technical Skills for Alpine Skiing contains numerous exercises that teach and refine skiing skills in a very progressive manner beginning with wedge turns and building to expert skiing. Hundreds of photographs, including multiple-image composites, enhance a clear and descriptive text that is concise and easy to understand. The photographs of talented young demonstrators and of the author, combined with the text, make this book as accessible to skiers of all ages and levels of expertise. The book covers in depth: technique, "directed free-skiing", wedge turns, beginning parallel turns, dynamic parallel turns and step turns. Specific areas of development include balancing exercises, skill development, ski pole action, turn shape, terrain/snow conditions and perceptual skills. A detailed table of contents allows the reader to assess skiers' strengths and weaknesses and to derive a listing of exercises to meet individual needs efficiently. The glossary makes sense of the words common to the language of skiing. An appendix provides pertinent information concerning appropriate ski equipment for young skiers. It discusses, among other things, the correct sizing of ski boots, skis and poles. True narratives precede each chapter. They relate experiences that had a deep effect on the author's development as a teacher and as a person. There were two major influences on her work: an extraordinary wealth of personal experience, and her ability to listen to children and to visualize skiing through their eyes. Technical Skills for Alpine Skiing is a favored book among ski instructors and coaches nationwide.

## Book Information

Paperback: 142 pages

Publisher: Turning Point Ski Foundation (May 1996)

Language: English

ISBN-10: 096473902X

ISBN-13: 978-0964739024

Product Dimensions: 9.2 x 7.3 x 0.5 inches

Shipping Weight: 12.8 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,607,656 in Books (See Top 100 in Books) #105 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #2601 in Books > Sports & Outdoors > Winter Sports

[Download to continue reading...](#)

Technical Skills for Alpine Skiing Alpine Technical Manual: Skiing And Teaching Skills Coaching Volleyball Technical and Tactical Skills (Technical and Tactical Skills Series) How I Ski: Expert Alpine Skiing Demystified! Be Fit to Ski: The Complete Guide to Alpine Skiing Fitness Alpine and Freestyle Skiing (Winter Olympic Sports) Utah: The Complete Ski and Snowboard Guide: Includes Alpine, Nordic, and Telemark Skiing & Other Winter Sports Alpine Skiing: Outdoor Adventures Backcountry Skiing Utah, 2nd (Backcountry Skiing Series) For the Love of Skiing: A Visual History of Skiing The Physics of Skiing: Skiing at the Triple Point Vocational & Technical Schools West: More Than 2,300 Vocational Schools West of the Mississippi River (Peterson's Vocational & Technical Schools & Programs: West) Vocational & Technical Schools - East: More Than 2,600 Vocational Schools East of the Mississippi River (Peterson's Vocational & Technical Schools & Programs: East) Satellite Basics For Everyone: An Illustrated Guide to Satellites for Non-Technical and Technical People Profitable Horse Race Betting: Technical Analysis: Technical Analysis Using Stock Market Techniques Technical Communication 11e & LaunchPad for Technical Communication 11e (Six Month Access) Technical Editing (5th Edition) (The Allyn & Bacon Series in Technical Communication) CHATTER: Small Talk, Charisma, and How to Talk to Anyone (The People Skills, Communication Skills, and Social Skills You Need to Win Friends and Get Jobs) Conversationally Speaking: WHAT to Say, WHEN to Say It, and HOW to Never Run Out of Things to Say (Communication Skills, Social Skills, Small talk, People Skills) Everyday Charisma: Techniques for Mass Appeal, Charm, and Becoming a Social Powerhouse (Social Skills, Communication Skills, People Skills Mastery)

[Dmca](#)