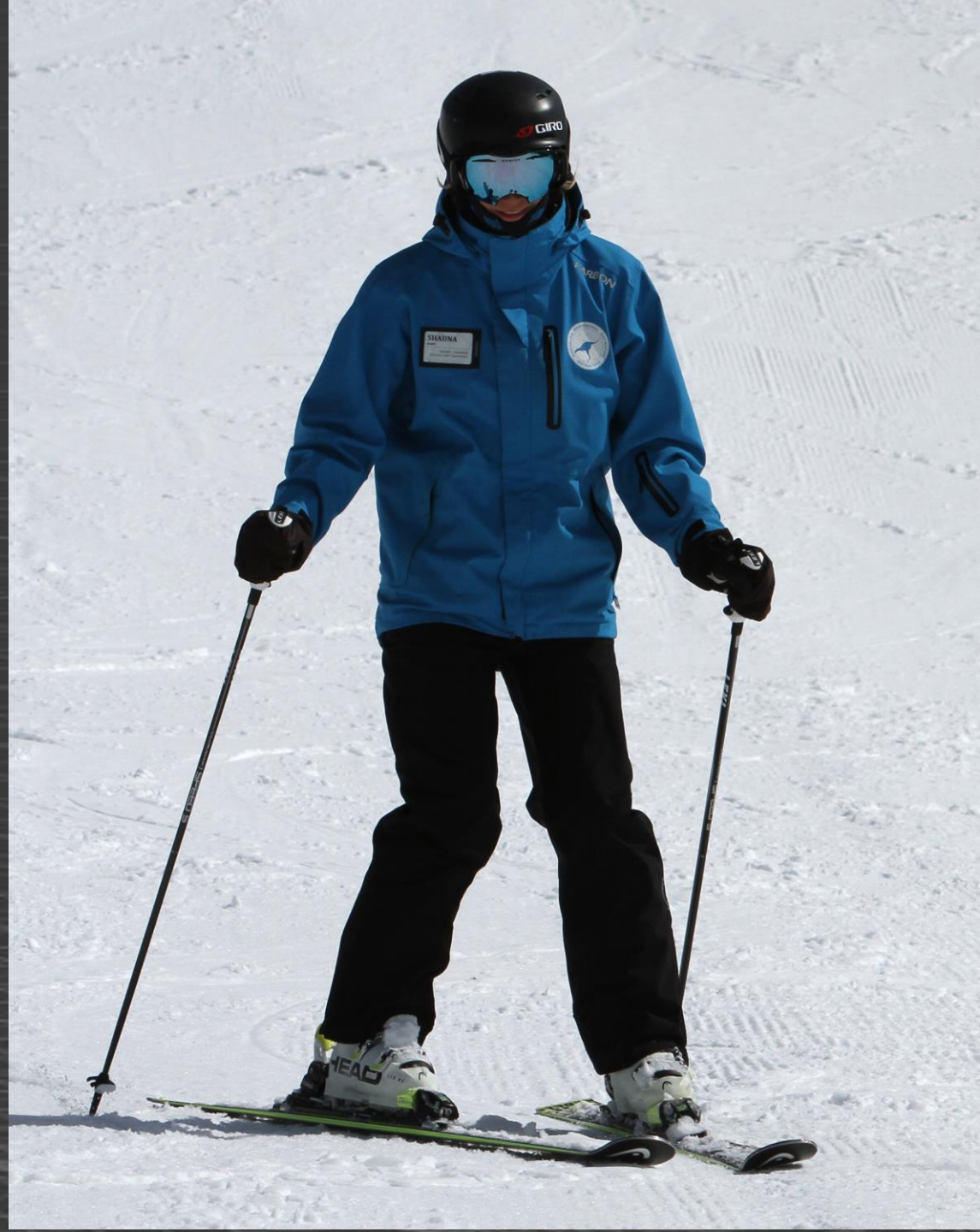


# SP Wedeln Marking

- Wedeln Purpose
- Mechanics Recap
- Marking Structure
- Separating the field
- Practice





# SP Wedeln Purpose

- Develop Leg Turning
- Help with U/L Separation
- Guide ski on edge (steering)
- Isolates outside ski
- All at slower speeds to help with student's awareness





# Mechanics – Task Specific

- Snowplough Turns
- Short turn rhythm/size



# Mechanics - Skills

## Stance

Athletic stance that is centred and mobile

(very difficult to blend skills being forward on the ball, but can do slightly towards the heel)

## Rotary

Leg turning, creating upper and lower body separation

(same separation we see in a steered short turn)

## Edging

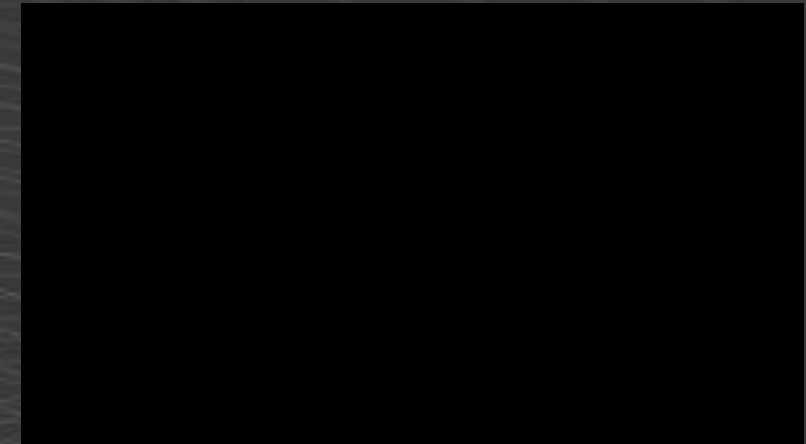
Early grip that is progressive for a round, steered turn

(no heel push, balance on edge and shape the turn from start to finish, increase edge for steering effect)

## Pressure Control

Sink into outside with all joints, rise to re-centre

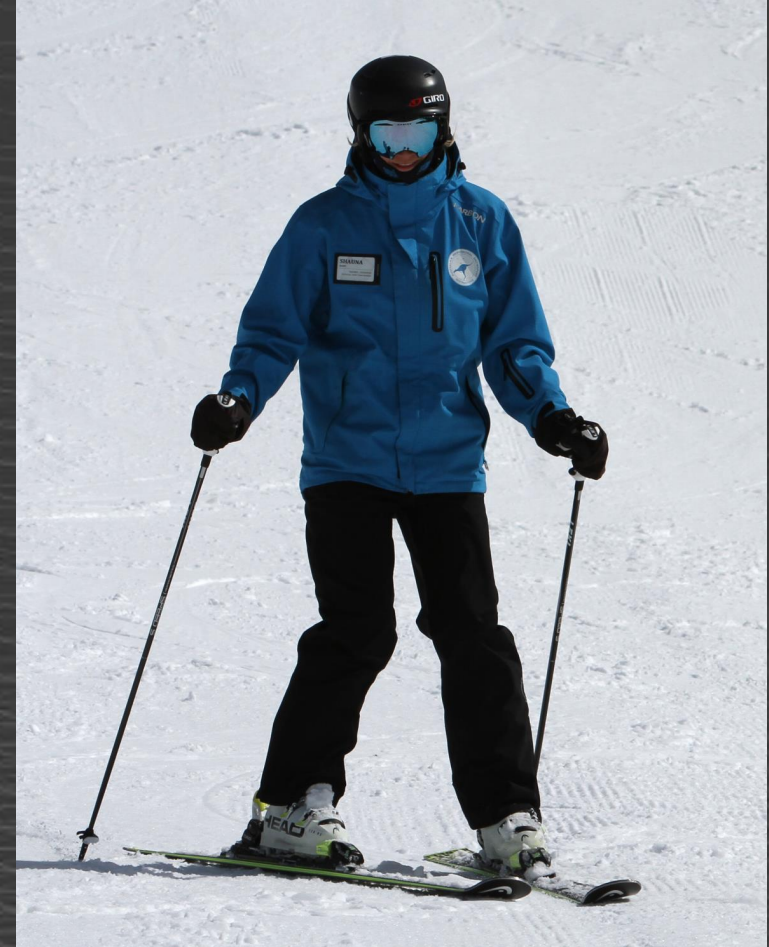
(Not braced/pushed with outside leg, Flex all joints, flex down from middle to completion)



<https://vimeo.com/user18307547/review/426831127/f6ae402b40>

# Mechanics – Performance

- Steered skill blend





# Mechanics – Execution

- Snowplough same size (small)
- Short turn rhythm and size
- Consistent speed and radius
- Steered blend (arc/round shape)
- Timing of R,E,PC
- Autonomous Acquisition





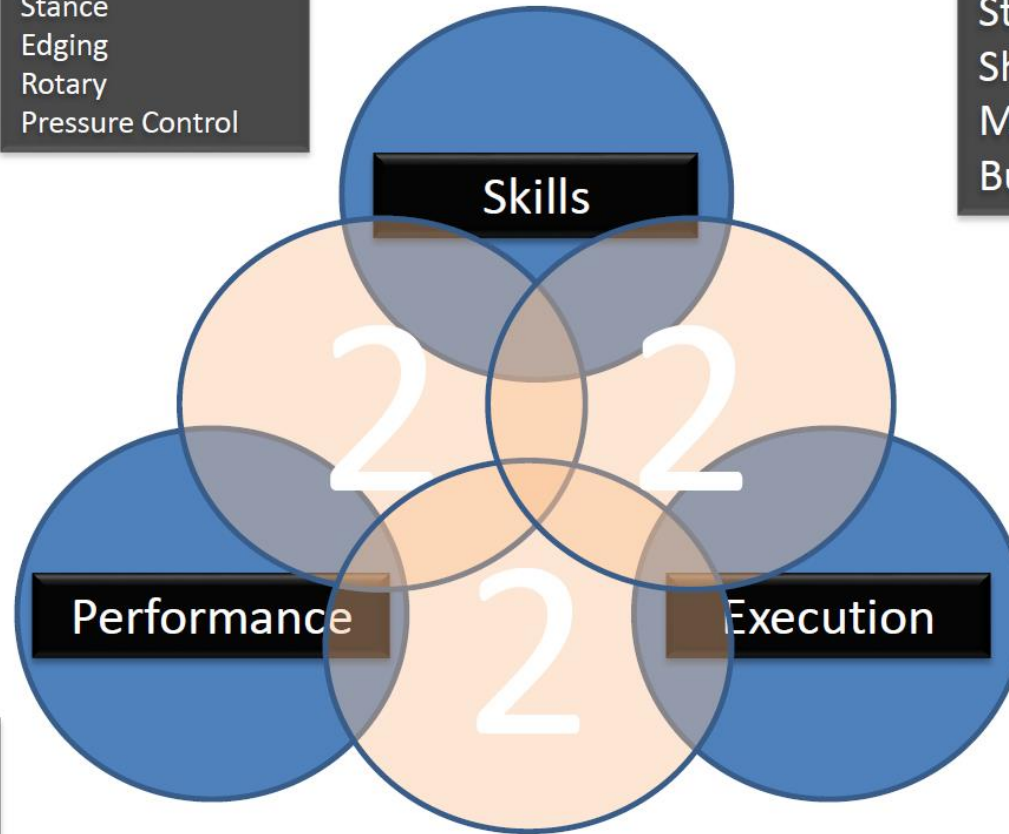
# APSI Marking Structure

1

## Task

Stance  
Edging  
Rotary  
Pressure Control

Snowplough Turns  
Basic Christie Turns  
Steered Parallel Turns  
Short Turns  
Medium Turns  
Bumps etc.....



Skidding  
Steering  
Carving  
Railing  
Pure Carving

Aggression  
Athleticism  
Speed  
Rhythm/Flow  
Shape  
Timing  
Mechanics  
Autonomous Acquisition







# Separating The Field



<https://vimeo.com/427336434/eddf715c1>



<https://vimeo.com/427336627/1b4e8718a1>



<https://vimeo.com/429485563/d0c25e15b3>

