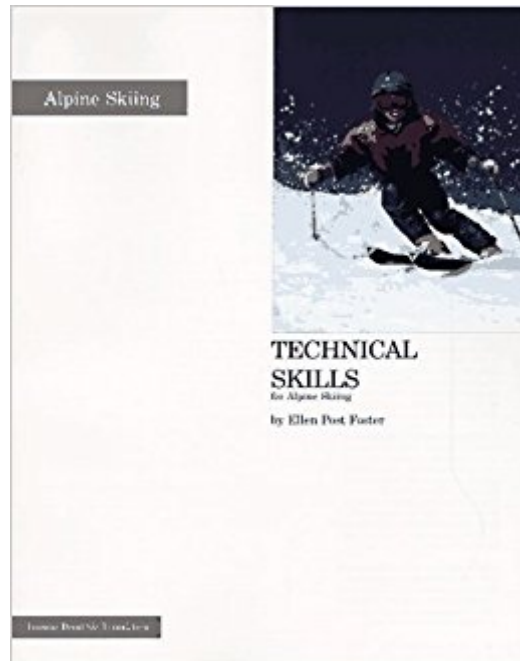




Ebook Directory
the best source of ebook

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: #1,837,767 in Books (See Top 100 in Books) #64 in [Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill](#) #1574 in [Books > Sports & Outdoors > Winter Sports](#)

Customer Reviews

This is a complete book in that it provides all of the content and strategies needed to meet the ever-changing challenges inherent in our sport. Perhaps the most important point is that Foster's approach and exercises are fun, exciting and encourage continued development.

The benefits derived from practicing these skills correctly helped increase the technical proficiency of my athletes. Not only are they much improved free-skiers, but they are consistently scoring top race results.

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

Technical Skills for Alpine Skiing Technical Skills for Alpine Skiing by Foster, Ellen Post (1996) Paperback Alpine Technical Manual: Skiing And Teaching Skills Coaching Volleyball Technical & Tactical Skills (Technical and Tactical Skills Series) Coaching Baseball Technical and Tactical Skills (Technical and Tactical Skills Series) Coaching Football 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) Alpine Skiing (Outdoor Adventures Series) Utah: The Complete Ski and Snowboard Guide: Includes Alpine, Nordic, and Telemark Skiing & Other Winter Sports Climbing and Skiing Colorado's Mountains: 50 Select Ski Descents (Backcountry Skiing Series) Backcountry Skiing California's High Sierra (Backcountry Skiing Series) Soft Skiing: The Secrets of Effortless, Low-Impact Skiing for Older Skiers Backcountry Skiing Utah: A Guide to the State's Best Ski Tours (Backcountry Skiing Series) Backcountry Skiing Utah (Falcon Guides Backcountry Skiing) For the Love of Skiing: A Visual History of Skiing The Physics of Skiing: Skiing at the Triple Point Backcountry Skiing Snoqualmie Pass (Falcon Guides Backcountry Skiing) Ski Games: A Fun-Filled Approach to Teaching Nordic and Alpine Skills

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)