

Athlete: \_\_\_\_\_

Date \_\_\_\_\_

Coach \_\_\_\_\_

Age Group: \_\_\_\_\_

# Ski Racing Self Assessment

**Rate Your Turn:** 1= Needs Improvement-----Excellent=5

Analyse your skiing to find and isolate your weakness first. Then focus on the weakness in your training and turn it into your strength. Create a list of the areas that you believe are your biggest problems. Video is a tremendous help when defining weaknesses and developing a plan to overcome them. Only after you have completed your self assessment ask a coach to review your conclusions.

A written list will give you a guideline to target your practices. If your initiation is weak

## Analyse your Turn

It is critical that the phases work in concert with each other. Take time to review and find the weakest part of your turn

**1 Initiation phase of turn**

LEFT 5 4 3 2 1

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2 Completion phase of turn**

LEFT 5 4 3 2 1

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

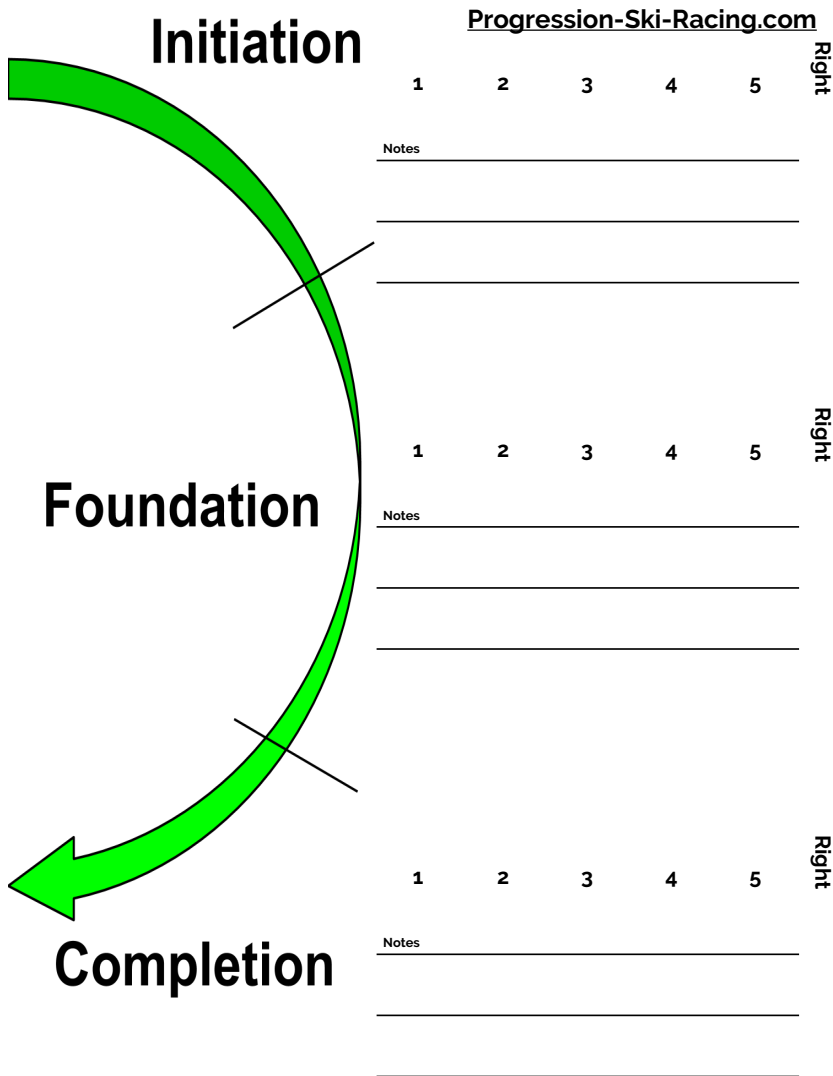
**3 Completion phase of turn**

LEFT 5 4 3 2 1

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Rate Your Line:

1- Needs Improvement-----Excellent=5

[Progression-Ski-Racing.com](http://Progression-Ski-Racing.com)

## Respect the Rise Line

Rate your patience in waiting to cross the rise line to start your initiation

1

|      |   |   |   |   |   |
|------|---|---|---|---|---|
| LEFT | 5 | 4 | 3 | 2 | 1 |
|------|---|---|---|---|---|

Notes

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|   |   |   |   |   |       |
|---|---|---|---|---|-------|
| 1 | 2 | 3 | 4 | 5 | RIGHT |
|---|---|---|---|---|-------|

Notes

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## Rate your Avg. Direction

Rate your direction of travel at the Gate Line

2

|      |   |   |   |   |
|------|---|---|---|---|
| LEFT | 4 | 3 | 2 | 1 |
|------|---|---|---|---|

Notes

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|                       |                        |                         |       |   |
|-----------------------|------------------------|-------------------------|-------|---|
| Towards the next gate | Straight down the hill | Away from the next gate | RIGHT |   |
| 1                     | 2                      | 3                       | 4     | 5 |

Notes

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## Rate the length of your turn

Rate your how long you stay on edge past the fall line into the transition

3

|      |   |   |   |   |   |
|------|---|---|---|---|---|
| LEFT | 5 | 4 | 3 | 2 | 1 |
|------|---|---|---|---|---|

Notes

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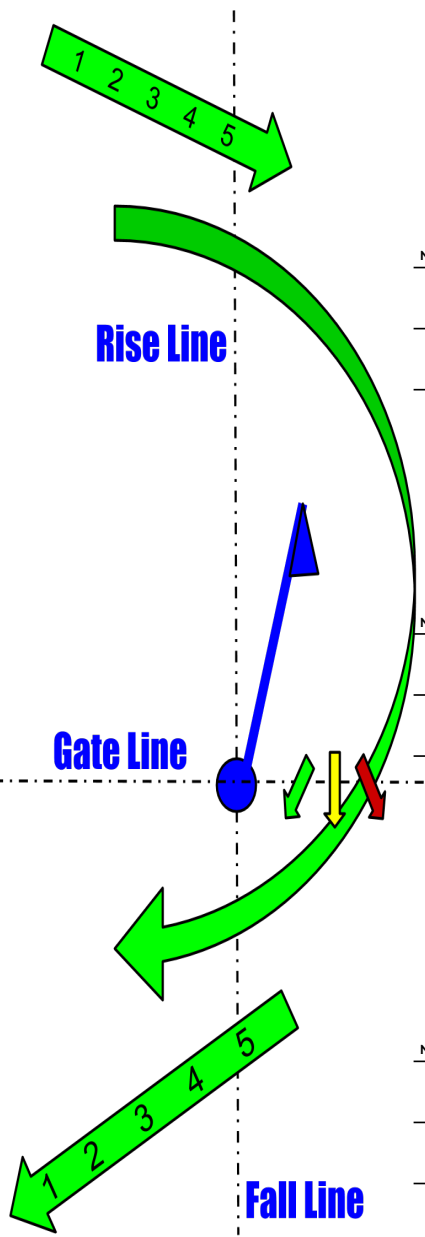
|   |   |   |   |   |       |
|---|---|---|---|---|-------|
| 1 | 2 | 3 | 4 | 5 | RIGHT |
|---|---|---|---|---|-------|

Notes

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# Rate Your Fundamentals:

1= Needs Improvement-----Excellent=5

[Progression-Ski-Racing.com](http://Progression-Ski-Racing.com)

## Rate Your Fundamentals:

### Rate Your Rotation

Minimal rotation. Over rotation can cause problems in the initiation or completion

1

LEFT

5      4      3      2      1

Notes

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1= Needs Improvement-----Excellent=5

1      2      3      4      5

Right

Notes

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### Balanced over the ski.

Are you balanced over the middle of the ski. Are you too far out over the tips of

2

LEFT

4      3      2      1

Notes

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1      2      3      4      5

Right

Notes

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### Rate the pressure distribution

Commitment to the outside ski. World Cup racers generally have outside ski pressure in the 80% to 90% according to university studies with the French Men's World Cup team. Novice racers begin with even pressure on both skis 50%-50%. What is your

3

LEFT

5      4      3      2      1

Notes

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1      2      3      4      5

Right

Notes

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## Summarise your results

Analyse your skiing yourself. The results will help you to identify and focus your training After you have finished your assessment work with a coach to review your work.

Date            1st Assessment

Date            2nd Assessment

| Trun Score | Left | Right | Total |
|------------|------|-------|-------|
| 1          |      |       | /10   |
| 2          |      |       | /10   |
| 3          |      |       | /10   |
| Total      |      |       | /30   |

| List  |
|-------|
| 1     |
| 2     |
| 3     |
| Total |

| Left | Right | Total |
|------|-------|-------|
|      |       | /10   |
|      |       | /10   |
|      |       | /10   |
|      |       | /30   |

| Line Score | Left | Right | Total |
|------------|------|-------|-------|
| 1          |      |       | /10   |
| 2          |      |       | /10   |
| 3          |      |       | /10   |
| Total      |      |       | /30   |

| List  |
|-------|
| 1     |
| 2     |
| 3     |
| Total |

| Left | Right | Total |
|------|-------|-------|
|      |       | /10   |
|      |       | /10   |
|      |       | /10   |
|      |       | /30   |

| Fundamentals | Left | Right | Total |
|--------------|------|-------|-------|
| 1            |      |       | /10   |
| 2            |      |       | /10   |
| 3            |      |       | /10   |
| Total        |      |       | /30   |

| List  |
|-------|
| 1     |
| 2     |
| 3     |
| Total |

| Left | Right | Total |
|------|-------|-------|
|      |       | /10   |
|      |       | /10   |
|      |       | /10   |
|      |       | /30   |