



Movement Analysis Report

Athlete's name: Movement Analyst

Date: March 2020

Location: unknown

Terrain: easy green

Equipment: 123/76/109 R15

Boots flex: 70 soft

Skiers age: 48

Height: 180 cm **Weight:** 110kg

OVERALL FEEDBACK

Your skiing will be greatly improved if you work more on your stance -the way you position your body on skis. To achieve this, focus on bringing your upper body forward, by hinging at the hips, as well as raising your arms. This will place more weight towards the tip of the skis.

SPECIFIC OBSERVATIONS

BODY MOVEMENT

Joint flexion: Your ankles are flexed in the boot, causing your knees to be pushed forward. This is a prerequisite for a nice athletic balanced position on skis. Your hips are open, pushing your upper body back.

Impact: The position of your upper body, prevents you from achieving an athletic position which will make your skiing effortless.

Lower body: Your backward stance prevents you from employing your leg muscles. You can edge your skis by using your foot. Maintain this, once you correct the stance.

Impact: Not employing your lower body's full force, causes you to use your upper body in turning.

Upper body: You are using your shoulders to turn your skis. The turning movement should come from the femur, by turning it from the hip socket.

Impact: Turning with the upper body, causes counter rotation. If pushed more, you will be able to perform a full 180 or even a 360. This will cause imbalance, ultimately affecting your COM. By turning your leg, you will be able to use the quads and the glutes thus generating more force.

Centre Of Mass: Your centre of mass is back.



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Impact: Having a back seat centre of mass, does not allow proper steering of the skis during the turn. It causes forces to press down onto the tails of the skis, causing them to dig into the snow.

Arms: Your arms are mostly pointing downwards. At times when turning, you swing the arms quickly

Impact: You are unable to use your arms effectively for balance, and you are not pole planting. Pole planting will help you with stabilising your upper body and correct your posture. By moving hands forward, you can also bring your upper body forward, and correct your stance.

Head: You are looking forward. Once the stance is corrected, maintain this posture of keeping your head up, and looking forward.

Impact: Positive impact on your skiing. It does not impact your overall stance negatively.

CONTROLS

Rotation: Rotation comes from the shoulder.

Impact: It is causing you to be less stable and does not allow increased pressure on skis.

Edging: Your edging is caused by the foot movement and leaning of your body.

Impact: Edging is sufficient for the turn performed. Your Edging will improve with the correction of your stance.

Pressure: Pressure is not applied consistently.

Impact: This is causing the tips of the skis to vibrate and. Due to your stance pressure is applied on the tail of the skis, not in the middle.

Additional notes

Having a soft boot, may be a contributing factor to an unbalanced position. Consider discussing your choice of boots with a qualified bootfitter.