

SKI

VORARLBERGER
SKISCHULEN



SCHNEESPORT LEHRER:INNEN AUSBILDUNG

TEIL I



Skilehrer-Anwärter:innen
ENGLISH

CONTENTS

1 Do you speak English?

1.1	Saying Hello and Goodbye	<u>05</u>
1.2	Introducing Yourself	<u>06</u>
1.3	Providing Information	<u>07</u>
1.4	Numbers	<u>10</u>
1.5	Date and Time	<u>12</u>
1.6	The Ski Resort	<u>16</u>
1.7	Injuries and Accidents	<u>20</u>
1.8	Basic Skiing Terminology	<u>22</u>

2 TSLV MODULE

2.1	TSLV Overview	<u>25</u>
2.2	■ Getting used to Skiing Equipment	<u>26</u>
2.3	■ Gliding and Schuss	<u>27</u>
2.4	■ Snowplough	<u>29</u>
2.5	■ Snowplough Turns	<u>30</u>
2.6	■ Edge Pressure and Sliding Sideways	<u>31</u>
2.7	■ Stem Turns	<u>33</u>
2.8	■ Technical Programme	<u>34</u>
2.9	■ Parallel Turns Basic - Long Radius without Ski Poles	<u>36</u>
	English - German Vocabulary	<u>38</u>

1. Do you speak English?

1.1 Saying Hello and Goodbye

In the morning - until 12pm (12:00)

Good morning, ladies and gentlemen!

Good morning, everyone!

Good morning, can I help you?

During the day - from 12pm - 6pm (12:00 - 18:00)

Good afternoon, Mr (Mister) Smith.

In the evening - from 6pm onwards (18:00 onwards)

Good evening, Mrs. (Misses) Brown.

Good evening, boys and girls.

General greetings - any time of the day

Hello! (everybody - everyone)

Hi! (everybody - everyone)

Hey ya!

How are you/ How do you do?

I am glad to see you.

How are things?

What's up?

Fine. / Great. / Very good, thanks.

Can't complain.

Nice to meet you.

Hallo! (alle zusammen)

Hi! (alle zusammen)

Hi!

Hallo, wie geht es dir / Ihnen

Ich freue mich dich / euch / Sie zu sehen.

Wie geht's?

Na, wie geht's? Was geht (ab)?

Ausgezeichnet. / Großartig. / Sehr gut, danke.

Kann mich nicht beklagen.

Freut mich dich / Sie kennenzuerlenen.

Goodbyes

Goodbye! / Bye! / Bye-bye!

Good night!

Till tomorrow!

See you! / See you later! / See you at ...

Hope to see you soon!

It was nice to meet you.

Have a nice day!

Say hello to ... from me.

Thank you very much! / Thanks!

You are welcome!

All the best! / Good luck.

Safe journey back home!

Auf Wiedersehen! / Tschüss! / Ciao!

Gute Nacht!

Bis morgen!

Bis bald! / Bis später! / Bis um ...

Hoffentlich sehen wir uns bald wieder.

Es war schön dich / Sie kennenzulernen.

Einen schönen Tag!

Grüß ... von mir.

Vielen Dank!

Gern geschehen! / Bitteschön! / Keine Ursache!

Alles Gute! / Viel Glück.

Komm / Kommen Sie gut nach Hause!

1.2 Introducing Yourself

My name is ...

I am ...

I am your ski/snowboard instructor.

What's your name?

Could you tell me your name, please?

Nice to meet you.

Can you introduce yourself?

Where are you from?

What nationality are you?

I am from ...

I come from ...

What do you do (for a living)?

Is this your first time skiing / snowboarding?

Sorry? / Pardon me? /

Sorry, I don't understand.

Can you say it again, please?

Could you repeat that please?

How good are you at skiing / snowboarding?

Are you a beginner / intermediate / advanced or an expert?

How long have you been skiing / snowboarding?

When was the last time you were skiing / snowboarding?

I am looking forward to skiing / snowboarding with you.

Mein Name ist ...

Ich bin ...

Ich bin dein/euer/Ihr Ski/Snowboard Lehrer:in

Wie heißt du / heißen Sie?

Wie ist dein / Ihr Name?

Nett, dich / Sie kennenzulernen!

Kannst du dich / Können Sie sich vorstellen?

Woher kommst du / kommen Sie?

Welche Staatsangehörigkeit hast du / haben Sie?

Ich bin aus ...

Ich komme aus ...

Was machst du / machen Sie (beruflich)?

Fährst du zum ersten Mal Ski / Snowboard?

Verzeihung? / Ich verstehe nicht.

Kannst du / Können Sie es noch einmal sagen?

Wie gut kannst du skifahren / snowboarden?

Bist du / Sind Sie Anfänger / leicht Fortgeschritten / Fortgeschritten oder Experte?

Wie lange fährst du / fahren Sie schon Ski / Snowboard?

Wann bist du das letzte Mal Skifahren / Snowboard fahren gewesen?

Ich freu mich aufs Skifahren / Snowboarden mit dir.

1.3 Providing Information

snowboard instructor	Snowboardlehrer:in
skiing instructor	Skilehrer:in
beginner	Anfänger:in
intermediate	fortgeschrittene:r Anfänger:in
advanced (learner)	Fortgeschrittene:r
expert	Experte
(ski school) office	(Skischul) Büro
private lesson / private tuition	Privatunterricht
group lesson / group tuition	Gruppenunterricht
The lesson starts at ... and ends at ...	Der Unterricht beginnt um .. und endet um ...
Private lessons start individually.	Privatunterricht findet individuell statt.
The lesson is from ... until ...	Der Unterricht geht von ... bis ...
meeting point / place	Treffpunkt
You will find your ski/sb instructor at the beginners' area.	Du findest deine:n Ski/SB Leher:in am Anfängerplatz.
We meet at the meeting point for beginners.	Wir treffen uns am Treffpunkt für Anfängerkurse.
We will meet again after lunch / after a break at 1:30 here / at the ski school office.	Wir treffen uns nach dem Mittagessen / nach einer Pause um 13:30 hier / beim Skischulbüro.
cable car, 7 gondola	Seilbahn
chair lift	Sessellift
T-bar lift	Schlepplift
base station / lower station	Talstation
peak station / upper station	Bergstation
The meeting place for children is at the base station.	Der Treffpunkt für Kinder ist an der Talstation.
group classification / grouping	Gruppeneinteilung
The grouping is at 10 o'clock.	Die Gruppeneinteilung ist um 10 Uhr.
The (ski/snowboard groups) are built / formed according to age and ability.	Die (Ski/Snowboard) Gruppen werden nach Alter und Können eingeteilt.
We support you to improve your skiing / snowboarding skills	Wir unterstützen dich / Sie dabei, dein / Ihr skifahrerisches / Snowboard Können zu verbessern.
We offer different courses.	Wir bieten unterschiedliche Kurse an.
A private / group lesson costs ... Euros per hour / per day.	Privatunterricht / Gruppenunterricht kostet ...Euro pro Stunde / Tag.
You have to pre-book the lesson. / You have to book the lesson in advance.	Du musst / Sie müssen den Kurs im Voraus buchen.

Example 1:

Instructor	Hi! My name is Chris! I'm your skiing / snowboard instructor. How are you today?
Guest	Hello, fine thanks!
Instructor	What's your name?
Guest	My name is Tasha.
Instructor	Where are you from?
Guest	I am from London.
Instructor	Have you tried skiing / snowboarding before or is this your first time?
Guest	I've tried it once, but this was two years ago.
Instructor	No problem. We will go to the area for beginners and start slowly.

Example 2:

Parent	Good morning!
Instructor	Good morning!
Parent	This is my son Dave and he wants to improve his skiing / snowboarding skills. It is the fifth time he been skiing / snowboarding
Instructor	Hey mate / dude! Everything's fine? I'm Tom.
Dave	Hi Tom!
Parent	When does the lesson end? And where is the meeting point after lunch?
Instructor	We start at ten o'clock in the morning until twelve o'clock. We finish at the beginner's area. You can pick up your son there. We then have a short break until half past one. In the afternoon you can pick up your son at the base station of the cable car.
Parent	That sounds fine to me. Can you tell me how much a private lesson per hour costs?
Instructor	We offer different types of courses: private and group courses. A private lesson costs about ... Euros per hour. A course in a group for a day costs about ... Euros. But our office staff will give you further information and help you with the booking. The office is next to the base station of the cable cars.
Parent	Where can I find the beginners' area?
Instructor	The beginners' area is right over there, next to the T-bar lift.
Parent	Can you give me some information about the resort as well?
Instructor	Yes, of course. We offer the best groomed slopes in our resort and we have many different slopes for different abilities. There are ... kilometres of slopes in our area. Not to mention the best fun park for freestyle skiing / snowboarding.
Dave	Well, this is amazing, but I don't really need a half pipe and a fun park – I am an intermediate skier.
Instructor	No need to worry. We have a lift for beginners and you will also find a T-bar lift next to the peak station of the cable car. We also recommend the slopes on the left of our comfortable chair lift for six persons.
Parent	That sounds very impressive. Thank you very much. See you later.
Instructor	No problem, you are welcome. See you later and have a nice day. Bye!
Parent	Bye, bye.

1.4 Numbers

Cardinal Numbers - Grundzahlen

0 zero

1 one

2 two

3 three

4 four

5 five

6 six

7 seven

8 eight

9 nine

10 ten

11 eleven

12 twelve

13 thirteen

14 fourteen

15 fifteen

16 sixteen

17 seventeen

18 eighteen

19 nineteen

20 twenty

21 twenty-one

22 twenty-two

23 twenty-three

24 twenty-four

25 twenty-five

26 twenty-six

27 twenty-seven

28 twenty-eight

29 twenty-nine

30 thirty

40 forty

50 fifty

60 sixty

70 seventy

80 eighty

90 ninety

100 one hundred, a hundred

101 one hundred and one

102 one hundred and two

200 two hundred

300 three hundred

400 four hundred

500 five hundred

610 six hundred and ten

740 seven hundred and forty

853 eight hundred and fifty-three

1000 one thousand, a thousand

1100 one thousand and one hundred

1200 one thousand and two hundred

1300 thirteen hundred / one thousand three hundred

1521 one thousand five hundred and twenty-one

1648 one thousand six hundred and forty-eight

1984 one thousand nine hundred and eighty-four

Ordinal Numbers - Ordnungszahlen

1st	first	11th	eleventh	21st	twenty-first	31st	thirty-first
2nd	second	12th	twelfth	22nd	twenty-second	40th	fortieth
3rd	third	13th	thirteenth	23rd	twenty-third	50th	fiftieth
4th	fourth	14th	fourteenth	24th	twenty-fourth	60th	sixtieth
5th	fifth	15th	fifteenth	25th	twenty-fifth	70th	seventieth
6th	sixth	16th	sixteenth	26th	twenty-sixth	80th	eightieth
7th	seventh	17th	seventeenth	27th	twenty-seventh	90th	ninetieth
8th	eighth	18th	eighteenth	28th	twenty-eighth	100th	one hundredth
9th	ninth	19th	nineteenth	29th	twenty-ninth	1,000th	one thousandth
10th	tenth	20th	twentieth	30th	thirtieth	1,000,000th	one millionth

How to say the year

Break it into two chunks...

Year

800	8 00	Eight hundred
1364	13 64	Thirteen sixty-four
1801	18 01	Eighteen oh one -> using „oh“ instead of zero
1965	19 65	Nineteen sixty-five
2002	20 02	Two Thousand and two (2000 - 2009)
2021	20 21	Twenty twenty-one (from 2010 onwards)

1.5 Date and Time

Days of the Week

The days of the week in English begin with CAPITAL letters.

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Saturday and Sunday are known as the weekend.

Months of the Year

The months of the year in English begin with CAPITAL letters.

January
February
March
April
May
June
July
August
September
October
November
December

Seasons of the Year

summer
winter
spring
autumn / fall

Fall is used in United States, Autumn in the rest of the world.

Practical Examples

The ski /snowboard lessons begin on Monday morning.

On Tuesday afternoon we are going to learn to snowplough.

On Wednesday evening we are going to go sledging.

On Thursday you are going to watch a traditional Tyrolean evening.

On Friday he is going to watch a film.

On Saturday there is going to be a ski race.

On Sunday we are going to have a rest.

In January there is a lot of snow. (=much snow)

In February there are many tourists in Tirol.

In March the spring begins.

In April there is a lot of rain.

In May we fall in love.

In June the summer season starts.

In July the school children have holidays.

In August it is very hot.

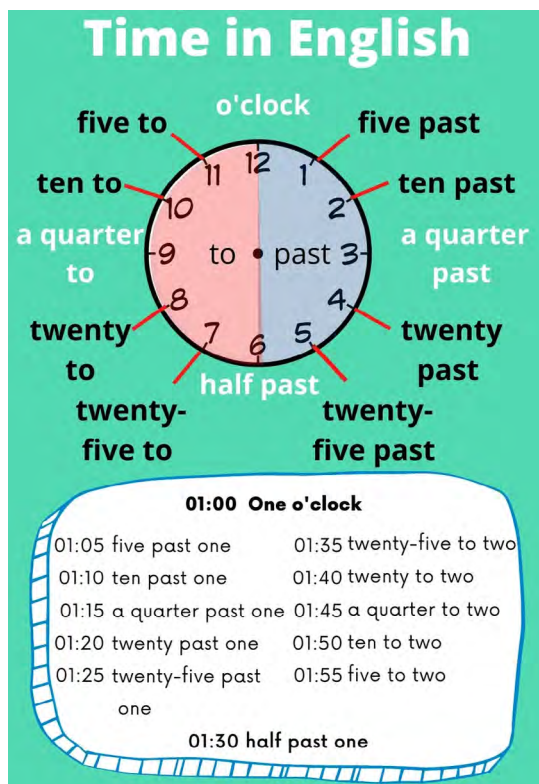
In September the autumn (in America: fall) begins.

In October the nights are cold and the days are warm.

In November there is a lot of fog.

In December winter begins.

Time



Quelle: oneminuteenglish.org

O'clock

We use o'clock when there are NO minutes.

10:00 - It's ten o'clock

5:00 - It's five o'clock

1:00 - It's one o'clock

Sometimes it is written as 9 o'clock (the number + o'clock)

12:00

For 12:00 there are four expressions in English.

twelve o'clock

midday = noon

midnight

AM vs. PM

We don't normally use the 24-hour clock in English.

We use a.m. (am) for the morning and p.m. (pm) for the afternoon and night.

3am = Three o'clock in the morning.

3pm = Three o'clock in the afternoon.

Time of the Day

MORNING	I get up in the morning.
NOON	We have lunch at midday/noon.
AFTERNOON	We are going to ski on the beginner's slope this afternoon.
EVENING	We will go dancing to a Club this evening.
NIGHT	We sleep at night.

Giving the Time

We use It is or It's to respond to the questions that ask for the time right now.

It is half past five (5:30).

It's ten to twelve (11:50)

We use the structure AT + time when giving the time of a specific event.

The bus arrives at midday (12:00).

The flight leaves at a quarter to two (1:45).

The concert begins at ten o'clock (10:00).

We can also use subject pronouns in these responses.

It arrives at midday (12:00).

It leaves at a quarter to two (1:45).

It begins at ten o'clock (10:00).

Asking for the Time

The common question forms we use to ask for the time right now are:

What time is it?

What is the time?

A more polite way to ask for the time, especially from a stranger is:

Could you tell me the time please?

The common question forms we use to ask at what time a specific event will happen are:

What time...?

When...?

What time does the bus to the hotel leave?

When does the bus arrive from the airport?

When does the skiing course begin?

1.6 The Ski Resort

base station / lower station	Talstation
peak station / upper station / incline station	Bergstation
alpine / mountain rescue service	Bergwacht – Bergrettung
first-aid station	Erste Hilfestation
snow groomer	Pistenraupe
button / plate / platter lift / platter pull	Tellerlift
cable car	Seilbahn
chair lift	Sessellift
T-bar lift	Schlepplift
gondola	Gondel
The slopes are illuminated on Wednesday evenings.	Am Mittwochabend sind die Pisten beleuchtet.
night skiing	Nachtskilauf
summit / top of the mountain	Gipfel / Bergspitze
chalet	Almhütte
ski hut / ski lodge	Skihütte
restaurant	Restaurant
après-ski bar	Schirmbar / Après Ski Bar
information desk	Informationsschalter
meeting point	Treffpunkt
snow cannon / snow gun / snow machine / snow maker	Schneekanone
cross-country ski run	Langlaufloipe
to go sledding	Rodeln / Schlitten fahren
toboggan run	Rodelbahn
ice rink	Eislaufbahn
snowshoeing	Schneeschuh Wandern
moonlight (snowboard) tour	Mondschein Snowboard Tour
Let's do a descent at full moon!	Lass uns / Lasst uns eine Abfahrt bei Mondschein machen.
child - children	Kinder
Children up to five are free.	Kinder bis fünf Jahre fahren gratis.
teenager	Jugendliche
adults	Erwachsene
seniors	Senioren
families	Familien
Lift ticket / lift pass / skiing pass	Liftkarte
half-day ticket from 12 noon	Halbtageskarte ab 12 Uhr Mittag
multiday ticket / pass	Mehrtageskarte
all day ticket	Tageskarte
season ticket	Saisonkarte

price

A ticket for half a day / three days costs ... Euros.

If you want a ticket valid for three days or longer, a passport photo is required.

The ticket is valid in this ski resort only. / in three ski resorts. / in all resorts of our valley.

A valid proof of age is required

Is it possible to extend another day?

extra day

season: from 1st December to 30th April

hours of operation

slope

backcountry

run

easy - difficult

flat - steep

beginner slope

beginner area

bunny hill

blue (easy) slope

A blue slope is quite a flat and gentle run.

red (medium) slope

black (difficult / expert) slope

mogul slope

downhill run

cat track

humps

fun park

half pipe

We offer ...km of groomed slopes.

To do a run

to go straight down

a ski / snowboard race

Preis

Eine Liftkarte für einen halben Tag / einen Tag / drei Tage kostet ... Euro.

Wenn du / Sie einen drei oder Mehrtagesliftkarte möchten, ist ein Passfoto notwendig.

Die Liftkarte ist nur in diesem Skigebiet gültig. / in drei Skigebieten gültig. / in allen Skigebieten in unserem Tal gültig.

Ein gültiger Nachweis des Alters wird benötigt.

Ist es möglich einen Tag verlängern?

Verlängerung um 1 Tag

Saison: vom 1. Dezember bis 30. April

Betriebszeiten

Piste

abseits der Piste

Abfahrt / Fahrt

leicht - schwierig

flach - steil

Anfängerpiste

Anfängerplatz

Anfängerhügel

Familienabfahrt

Eine blaue Piste ist eine ziemlich flache und anfängerfreundliche Abfahrt.

rot (mittelschwere) Piste

schwarz (schwere) Piste

Buckelpiste

Abfahrtsstrecke

Ziehweg

Buckel, Hügel

Funpark

Halfpipe

Wir bieten ...km präparierte Pisten.

eine Abfahrt machen

Schuss fahren

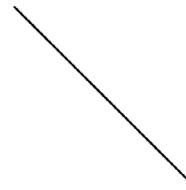
ein Ski / Snowboardrennen

Terrain

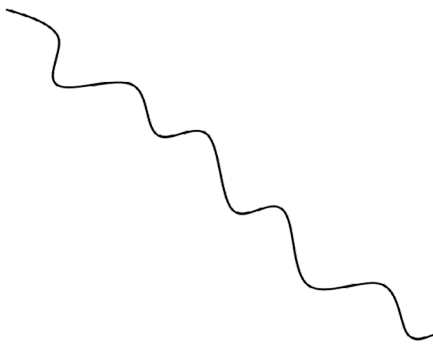
The different types of slopes:



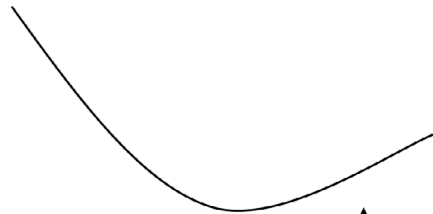
gentle slope



steep slope



a bumpy slope



a counter slope

The ideal terrain for a beginner:



a flat start

a run-out

a counter slope

Terrain

gentle

flat

mild

bumpy

uneven

steep

counter slope

run-out

Gelände

sanft

flach

sanft

hügelig

uneben

steil

Gegenhang

Auslauf

Types of snow	Schneearten
slushy	matschig
grippy	griffig
hard	hart
icy	eisig
artificial snow	Kunstschnee
powder	Pulverschnee
corn (snow) / firm	Firn
ice	Eis
slush	Schneematsch
crust	Eisdecke
snow flake(s)	Schneeflocke(n)
groomed slope	präparierte Piste
hail	Hagel
snow cover / snow layer	Schneedecke
snow cornice	Schneewechte
avalanche	Lawine
glacier	Gletscher
crevasse	Gletsscherspalte
slab avalanche	Schneebrett

1.7 Accidents and Injuries

What's the matter? What's wrong?

How do you feel?

injury – injuries

accident

This is an emergency!

Help! / Help me!

I need help / a doctor / the ambulance.

crash

to fall / to have a fall

to hurt yourself

to have an accident

to feel ill

illness / sickness

healthy

health

ambulance

alpine / mountain rescue service

first-aid station

first aid

hospital

doctor

medicine

My leg hurts.

I think my arm is broken, it aches so much.

a bruise

a cut

to have a bruised bone

strain

to wrench a muscle

to have a sprained ankle

sprain

dislocation

aching muscles / sore muscles

to have a torn ligament

to have a (bone) fracture

to have a plaster

Was ist los? Was fehlt dir?

Wie fühlst du dich?

Verletzung – Verletzungen

Unfall

Das ist ein Notfall.

Hilfe !/Hilf mir! /Helft mir!

Ich brauche Hilfe / einen Doktor / die Rettung.

Zusammenstoß

stürzen

sich weh tun

Unfall haben

sich krank fühlen

Krankheit

gesund

die Gesundheit

Rettung

Bergwacht – Bergrettung

Erste Hilfestation

Erste Hilfe

Krankenhaus

Doktor

Medizin

Mein Bein schmerzt.

Ich glaube mein Arm ist gebrochen, er schmerzt so.

ein blauer Fleck

eine Schnittwunde

einen verletzten / zerschrammten Knochen haben

Zerrung

sich einen Muskel zerren

sich den Fuß verstaucht haben

Verstauchung

Verrenkung

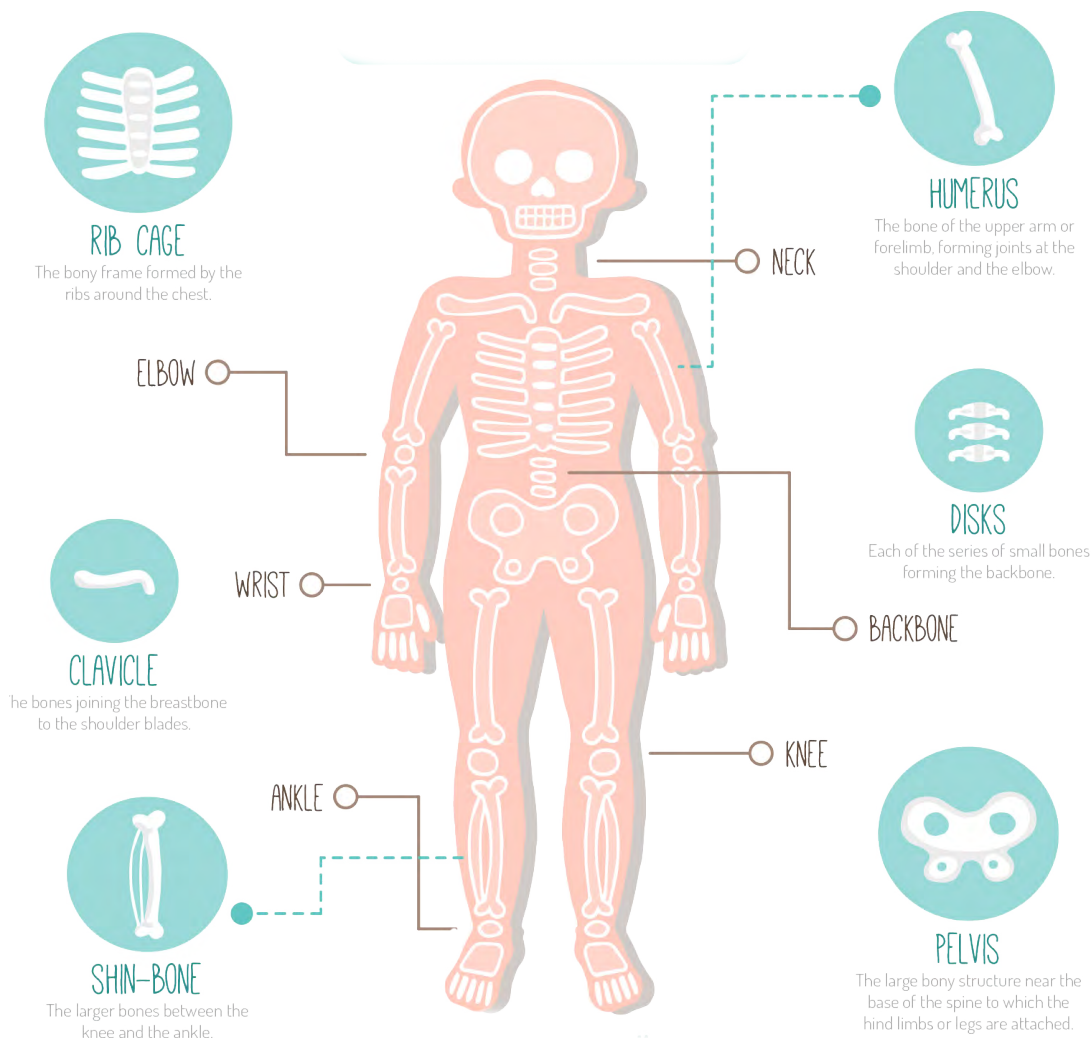
Muskelkater

einen Bänderriss haben

einen Knochenbruch haben

einen Gips haben

stretcher	(Kranken-) Trage
to x-ray	röntgen
X-ray (photograph)	Röntgenbild
to walk with crutches	mit Krücken gehen
elastic band	Bandage / Verband
triangular bandage	Dreiecksverband
to be concussed	Gehirnerschütterung haben
to lose consciousness	Bewusstsein verlieren
Help! This man last lost his consciousness	Hilfe! Der Mann hat das Bewusstsein verloren.



1.8 Basic Skiing Terminology

Equipment

SKI

tip – shovel – surface – tail/end/back – binding plate – side-cut – edge – base (with groove)

BINDING

heel piece/heel unit – toe piece/toe unit – brake pieces

SKI POLE

grip – wrist strap – basket/disc - tip

SKI BOOT

buckle – sole – tongue – inner boot - strap

Essentials you need for skiing

ski jacket & pants (outer shell)

sweater/pullover/jumper (top layer)

thermals (top and bottom base layer)

socks

cap/hat/beanie/headband

ski goggles/sunglasses

gloves

helmet/back protection

lip balm (with SPF)

suntan lotion (sun screen) with high SPF

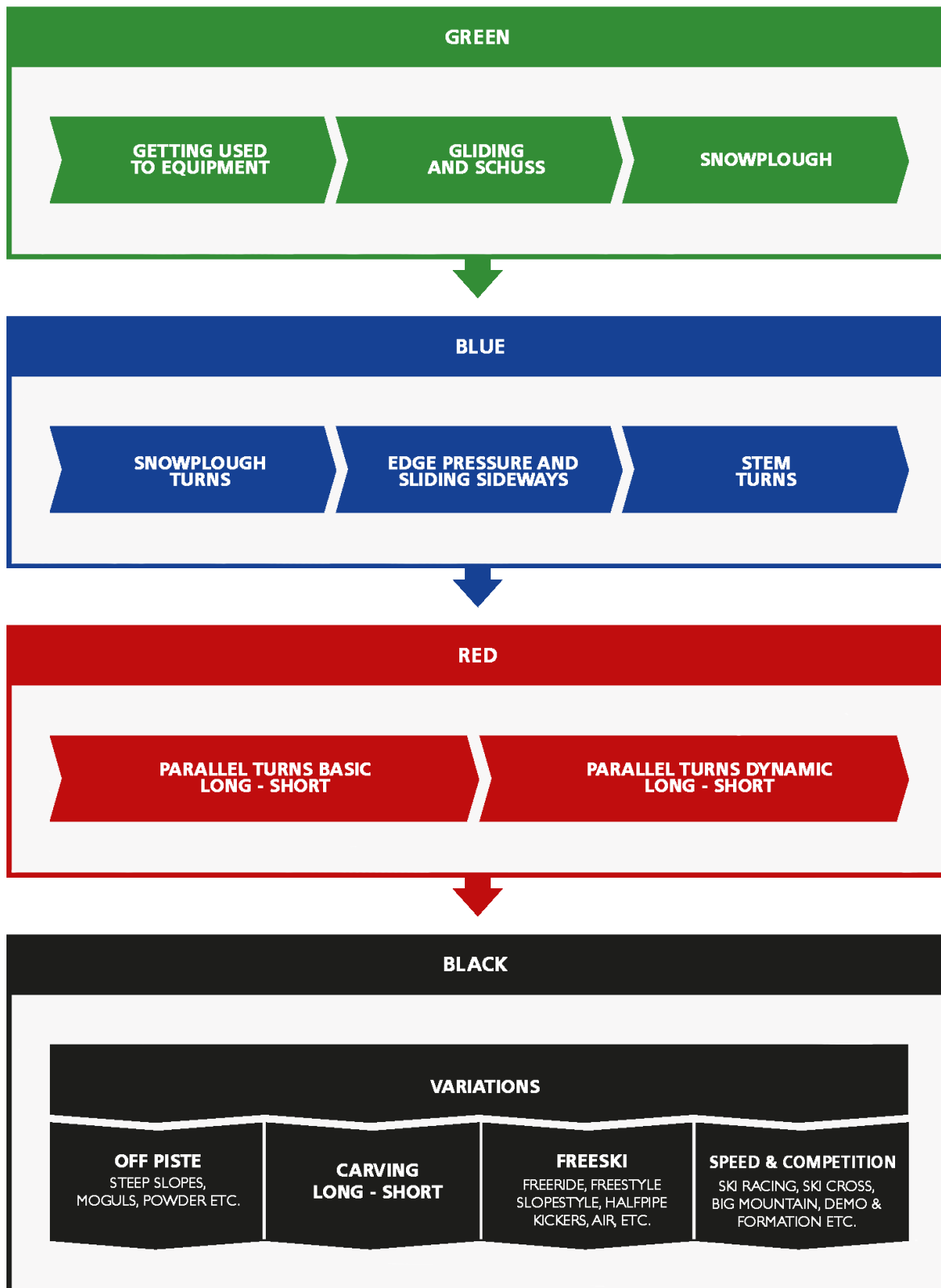
first-aid kit

wax



2. TSLV MODULE

2.1 TSLV Overview



2.2 Getting used to Skiing Equipment

Goal

Getting used to the basic movements and the limited range of motion as a result of the skiing equipment.

Walking, gliding and ascending in softly structured terrain. Walk forward with feet in a shuffling motion and without lifting the skis (skis should move forward in a gliding motion). The poles are used to support the movement.

Initial use of edge pressure to be practised when walking around and walking up the slope. In order to learn quickly the skis should be the appropriate length.

Explanation

When walking on skis on the flat, the skis are not lifted off, but moved forward in a gliding motion. The ski poles support the movement. While stepping uphill, using the edges is practised.

Terrain

- Flat

Exercises

- Equipment check
- Learn to carry skis and poles correctly
- Learn how to put on and take off skis
- Balancing exercises on the spot
- Stepping skis on the spot and taking small steps
- Walking in a straight line
- Walking with slight changes of direction
- Skating on gentle terrain
- Pushing forward using double pole plant
- Sitting down / Standing up
- Different methods of walking up the slope (side-stepping, v-step)

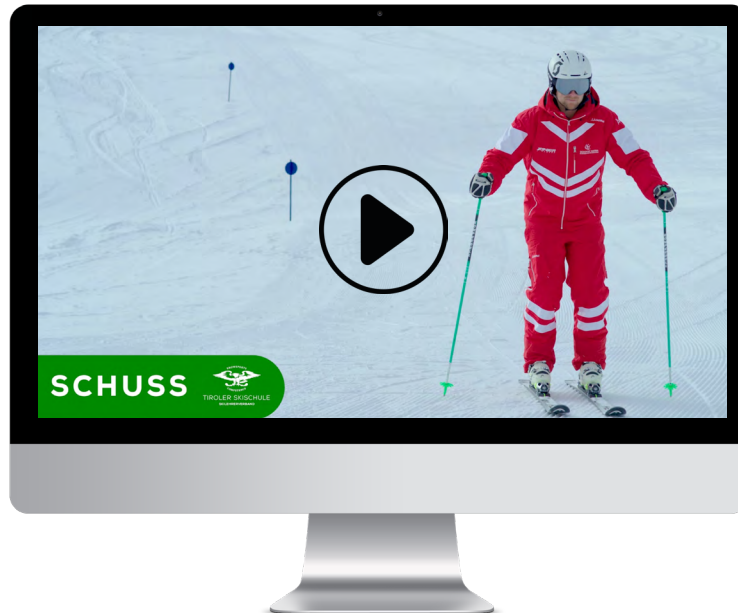


Duration of exercise I Less coordinated students need longer practice times and their learning steps are smaller. The duration of the exercise should be chosen so that the students are reasonably confident on the skis.

2.3 Gliding and Schuss

Goal

Maintaining balance while gliding and schussing (descending).



Explanation

The skis are in a slightly open and parallel position. Ankles, knees and hips are slightly flexed and ready to move. The central body position and the forward/side arm position support keeping one's balance.

Terrain

- Flat start - gentle slope - safe run out
- Stopping has to be possible without having to break

Exercises

- Explain and demonstrate the correct body position on flat terrain
- Try schussing (skiing straight/gliding)

- Balance training: up-down/forward-back

Knee flexion (flex and extend the ankle and knee joints while gliding) - reach to the edges of the ski boots with both hands - reach towards the front of the binding - double-legged hops

- Lateral Balance training: left/right

Reach to the edges of the boots alternating left/right, slightly lift the ends of the skis alternating left/right, side steps out of the straight track alternating left/right, turn with small steps to run-out alternating left/right



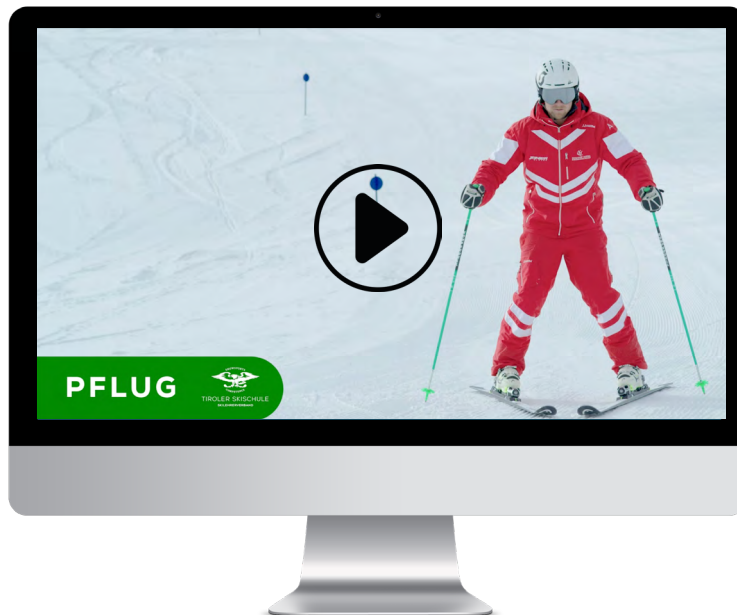
GOOD TO KNOW

- » Avoid terrain that is too steep.
- » Optimal gliding is achieved through centering the body over the skis and equally balancing the weight on both skis front-rear/left-right ski loading.

2.4 Snowplough

Goal

Gliding with skis in snowplough position. Braking and stopping.



Explanation

Descending with a central body position – upward movement and subsequent downwards movement while simultaneously and evenly turning the ski tails. Move skis into plough position. Sliding on both inside edges of the skis. Upper body and arms balance the movement.

Terrain

- Flat start - gentle slope - safe run out

Exercises

- Various sizes of snow plough from a standing position (stepping, jumping, sliding)
- Schussing with snowplough in the run-out
- Gliding snowplough
- Alternating small plough / big plough
- Breaking snowplough/snowplough to stop (stop at a given point)
- Starting in plough and gliding across the fall line



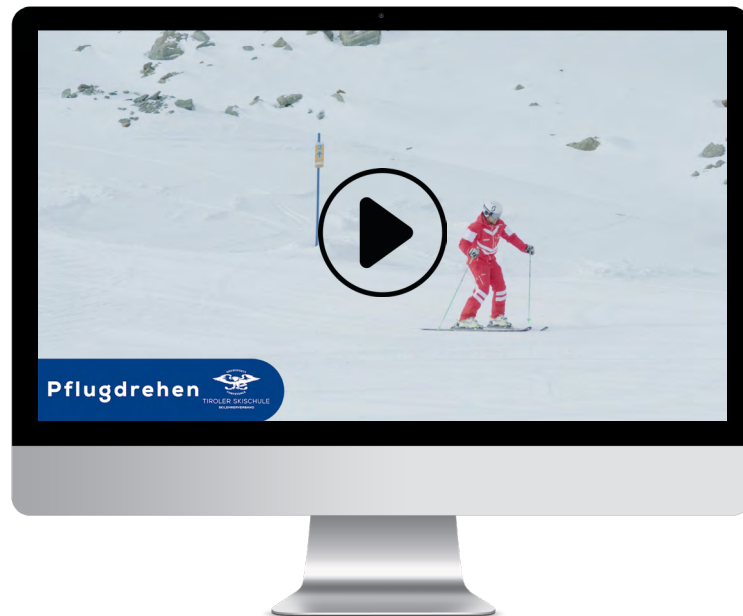
GOOD TO KNOW

- » Aim for an even and well-balanced snowplough by keeping skis at the same angle.
- » The bigger the snowplough and the more pressure on the inside edges of the skis - the quicker you slow down.

2.5 Snowplough Turns

Goal

Descending/gliding with turns.



Explanation

From the snowplough position, turn, pressure on insides edge and lean to the outside ski. An upward and forward movement of the body (weight over the ski boots) and the leaning of the body to initiate the turn support a stronger turning technique.

Terrain

- Gentle slope

Excercises

- Begin in a snow plough position, turning to run-out, with slight changes of direction: left/right.
- Single turn: starting across the fallline
- One and a half turn
- Linking turns change of direction
- Complete on easier terrain



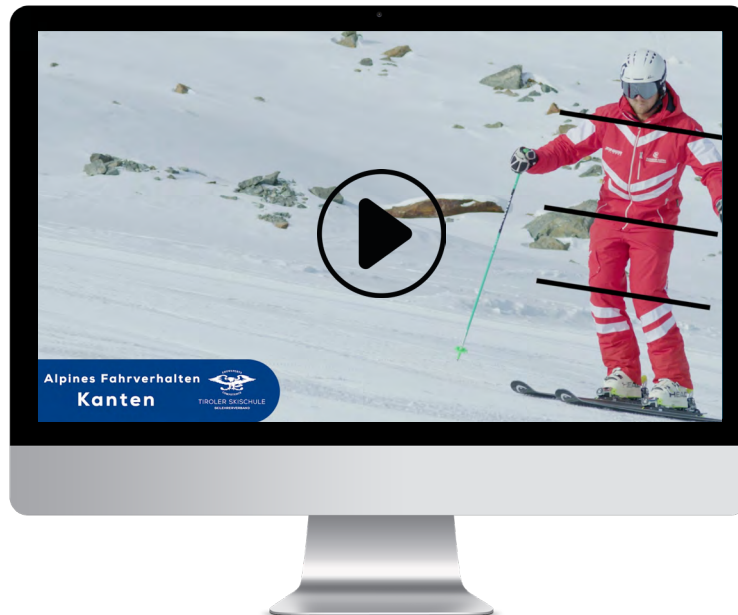
GOOD TO KNOW

- » Appropriate movement tasks facilitate the learning progress.
- » Use ski lift infrastructure to preserve energy. Make sure all guests know how to use ski lifts!
- » Provide sufficient information and lead by example.
- » Explain lift rules and signs.

2.6 Edge Pressure and Sliding Sideways

Edging / Traversing - Goal

Alpine basic position (Traverse Stance)



Explanation

- ankles, knees, hips and shoulders are parallel to each other
- hips and legs slightly bent in central position
- upper body bent forward and side ways
- weight on the downhill ski
- arms slightly bent and kept to the side of your body

Terrain

- medium steep terrain - safe run-out

Excercises

- explain and demonstrate the alpine basic position
- step uphill using edges
- traverse slope on parallel skis
- traverse slope - swallow
- traverse slope - without poles: lower arm against hip, uphill arm forward
- traverse slope - lift up tail of uphill ski
- traverse slope - step up in a higher track.



GOOD TO KNOW

- » Connect plough-turning and traversing while skiing
- » Uphill ski follows along without weight or pressure

Sliding Sideways - Goal

Alpine basic position (Traverse Stance)



Explanation

Traverse in a central plough position and apply more weight to the downhill ski.

Change edge on the uphill ski and slide it parallel with your downhill ski.

Start side sliding/slipping. Stop sliding by steering the skis uphill.

Terrain

- medium steep slope - safe run-out

Exercises

- Standing position: from plough position apply weight on downhill ski and slide the uphill ski to parallel position
- Start with traverse-plough across the slope, slide uphill ski to parallel position
- Use sliding sideways while skiing on easy slope (sliding sideways to a defined spot, sliding sideways in the fall line, speed control)



GOOD TO KNOW

using and steering of skis in the right situation.

2.7 Stem Turns

Goal

Turning in snowplough with edging of the uphill (outside) ski



Explanation

Start by traversing across the slope - stand up and lean forward whilst simultaneously opening the uphill ski into an angled position and putting more weight onto this ski. The counter pressure from the slope, in combination with the side-cut of the skis means you are moving into the fall line.

After shifting the weight match the inside ski, build up the Alpine Basic Position and steer to complete the turn. The matching of the inside ski during the turn depends on the situation. Terrain, speed and rhythm result in snowplough turns.

Terrain

- slight slope

Exercises

- Start in the traversing stance and complete a 'fan' progression until in the fall line
- Stationary exercises: open the uphill ski to an angled position, then match skis (transfer (change) edge)
- Single turn: traverse, angle uphill ski, turn into the fall line, place more pressure (weight) on the outside ski, match the skis and steer



GOOD TO KNOW

- » To ensure the guests complete turns safely and can get full enjoyment from their first basic carving turns, the choice of terrain (slight, gentle dip) and speed appropriate to the situation are vital.
- » Careful and intelligent choice of track, radius, and rhythm improve the learning progress immensely (greatly).
- » Suitable equipment (ski boots, skis) assist (help) the progress.

2.8 Technical Programme

Exercises to train and improve the Basic Alpine Position

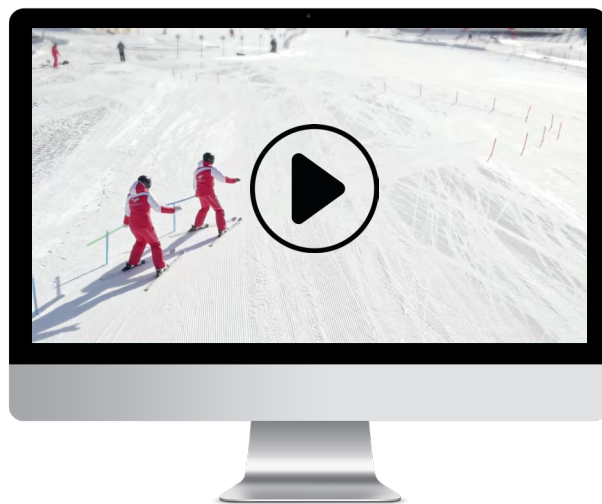
- Standing exercises on the slope.
Explain the mechanics of counteracting the steepness of the slope.
- Standing exercise: pair the group, one person is stood lower down on the slope (in the fall line) and pulls on their partner's ski poles.
- „Sliding Steps“ (alternate between sliding and edging)
- Lifting up the tail of the uphill ski while gliding/edging.
- Start in an angled position traversing the slope, turn the uphill ski into a curved slide; look for convex terrain.
- Garlands
- Stem turns (also with poles around hips („hip-lock“) for self-control)

Exercises with long poles or ski poles

- Carry pole horizontally in front of the body
- Carry pole on the back of both hands
- „Hip-lock“
- Carry pole behind your back to lock-in shoulders
- „Pole arch“
- Use poles as markers on the ground
- Traverse the slope - poles carried in front of the body and above the head.
- Carry pole(s) in front of your body and parallel to the „ski joints“

Exercises without ski poles

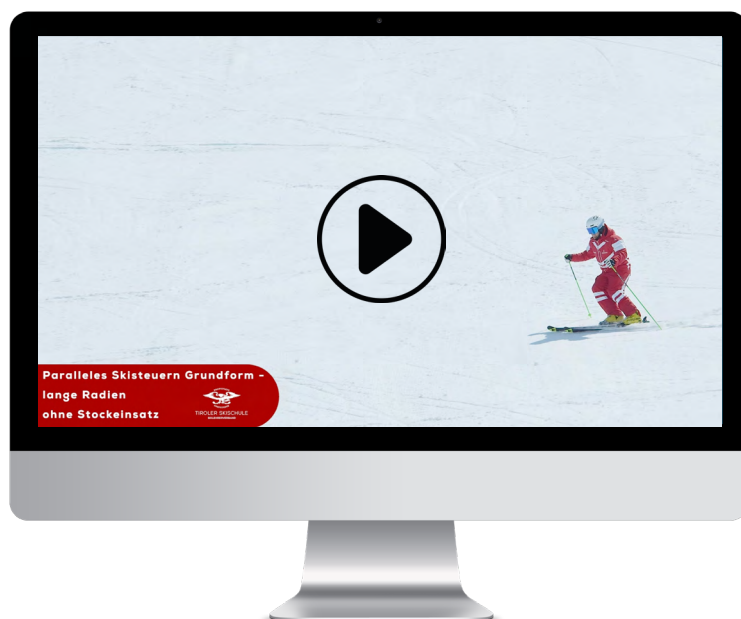
- Hold arms out straight to the sides
- Hands on hips
- Downhill hand on hip, hold uphill arm straight ahead or over head
- Both hands on knees
- Both hands reaching towards outside ski



2.9 Parallel Turns Basic - Long Radius without Ski Poles

Goal

Simultaneous edging (edge changing), turning and steering of the skis are the basis for the core form of parallel ski steering in long arcs.



Explanation

To initiate the turn, extend upwards and lean forwards in a smooth motion, letting the hips come across over the downhill ski. As soon as this movement starts, the ski tips should start to drop down the slope, and as they drop begin to transfer the body weight onto both skis.

Once the turn has been initiated and the skis are travelling straight, the edge changes happen. For this, all the weight is put onto the outside ski, while letting the body continue to gently fall towards the inside of the turn. This will bring the outside ski onto its edge, making it possible to push sideways on it and regain the balance. Keep pushing on the outside ski and lean forwards until turned into the fall line, with the body in the same direction as the skis. Start to bend the knees a bit more and begin taking away that extended position. The pole plant (according to the systematic approach) should be introduced, depending on talent and situation.

Terrain

- Moderate, steep slope

Exercises

- Review and repeat stem turns, gradually reduce the plough position
- Start skiing in traverse stance with parallel skis, „fan progression“ until fall line
- From a standing position: traverse stance forward/upward/inward movement - drift towards the fall line - going low - turning the skis along the slope (practise several times)
- Garland: letting the skis slide in the direction of the fall line (to get used to speed and controlling the sliding skis) and then making the turn - string movement together
- Single turns
- One and a half turns
- String together several parallel turns
- Vary terrain, radius and speed



GOOD TO KNOW

The slightly open ski position helps maintain balance and facilitates edging, turning and steering the skis.

German - English Vocabulary

Zielangaben

Wir werden jetzt...
...Ihre Ausrüstung prüfen
...die Ski anschnallen
...das Grundverhalten lernen
...Übungen am Stand machen
...umtreten
...in der Ebene gehen
...lernen, wie man aufsteht
...Treppenschritte machen
...Halbtreppenschritte machen
...Grätenschritte machen
...das Schussfahren bzw. Gleiten lernen
...im Auslauf umtreten
...den Pflug erlernen
...das Alpine Fahrverhalten
(Schrägfahren) lernen
...das Alpine Fahrverhalten
(Schräggrutschen) lernen
...Richtungsänderungen lernen
...Vorbereitungsphase
...Auslösephase
...Steuerphase

What we teach

We now...
...check your equipment
...put on the skis
...learn the basic position
...practise in the standing position
...turn by using small steps
...move forward in the flat by using gliding steps
...learn how to stand up
...use side steps to move up and down the hill
...use side steps and move forward at the same time
...practise V-steps
...learn gliding and schussing
...turn in the run-out using small steps
...learn the snowplough
...learn traversing across the slope
...learn side sliding
...learn changing direction
...preparation phase
...trigger phase
...turning/steering phase

Ausrüstungskontrolle

Ski zu lang - zu kurz
Stöcke zu lang - zu kurz
Bindung einstellen
Bindung einstellen lassen

Equipment Check

Your skis are too long - too short
Your ski poles are too long - too short
adjust your binding
to have the binding adjusted

Sie benötigen

Sonnenbrille
 Schneebrille
 Anorak
 Sonnencreme
 Handschuhe

Ausrüstung verwenden

Bindung öffnen
 Schnee von Schuhen entfernen
 in die Bindung steigen
 Talski zuerst
 Ski horizontal stellen
 Hände in die Schlaufe
 Stöcke richtig halten

Häufige Redenwendungen

mir nachmachen
 mir nachschauen
 ja, das ist richtig
 nein, das ist falsch
 nein, nicht so
 nicht so schnell
 nicht so langsam
 Übung wiederholen
 sich anstellen
 halbe Skilänge vor
 halt / Halt!
 einer nach dem anderen
 schnell, schnell
 zu zweit anstellen
 mehr belasten
 weniger belasten
 Sie belasten zu viel
 Sie belasten zu wenig

You require

sunglasses
 skiing goggles
 jacket
 suntan lotion / sun screen
 gloves

Using the skiing equipment

open your binding
 remove snow from your boots
 step into the binding
 downhill ski first
 place your skis at a right angle to the fall line
 put on the wrist straps
 hold your pole properly

Common teaching phrases

copy me / copy what i do
 watch me
 yes that's it / yes that's right
 no, that's wrong
 no - not like that
 not so fast (please)
 that's too slow - go a bit faster
 repeat this exercise (please)
 you queue up (BE) / get in line (AE)
 half a ski length forward
 stop / Stop!
 one after the other / one at a time
 quick, quick
 queue up in pairs (BE) / get in line in pairs (AE)
 put more weight on your skis
 put less weight on your skis
 you're putting too much weight on your skis
 you're not putting enough weight on your skis

Grundverhalten

Skiposition leicht öffnen
gleichmäßig belasten
Ski flach halten
Spung- und Kniegelenk beugen
Oberkörper leicht vorbeugen
geradeaus schauen
halten Sie die Arme vor dem Körper

Übungen im Stand

Knie strecken und beugen
tiefgehen - hochgehen
linke/rechte Skispitze heben
linkes/rechtes Skiende heben
nach links/rechts trete
in alte Spur steigen
beide Stöcke einsetzen

Umtreten im Stand

Ski parallel halten
linkes/rechtes Knie mehr beugen
linke/rechte Skispitze heben
angehobene Skispitze nach außen drehen
den gedrehten Ski wieder belasten
den anderen Ski beiziehen
beide Ski belasten
Bewegung wiederholen

Gehen in der Ebene

Ski parallel halten
Ski mehr auseinander
Ski weniger auseinander
mehr / weniger
nicht so viel
auf Stöcke stützen

Basic skiing position

open your skis so they are slightly apart
put equals amounts of weight on your skis
keep skis flat on the snow
bend ankles and knees
lean upper body slightly forwards
look straight ahead
keep your arms in front of the body

Standing Exercises (on the spot)

bending and stretching the knees
go down (low) and back up
lift the left/right ski tip
lift the left/right tail of the ski
step to the left/right
step into the old track
plant both poles

Turning on the spot

keep your skis parallel
bend your left/right knee more
lift the left/right ski tip
move the lifted ski tip outwards
put weight back onto the lifted ski
bring the other ski into a parallel position
put weight onto both skis equally
repeat those movements

Gliding on flat terrain

bring your skis into a parallel position
move skis further apart
bring skis closer together
more / less
not so much
use your poles as support

Ski nicht anheben	don't lift your skis
folgen sie mir	follow me
Stöcke einsetzen	plant your poles
mit beiden Stöcken schieben	push with both poles
beide Ski gleichzeitig nach vorne schieben	move both skis forward at the same time
Sprung-, Knie- und Hüftgelenk mehr beugen	bend ankles, knees and hips a little bit more
kürzere Schritte machen	make smaller (shorter) steps
längere Schritte machen	make bigger (longer) steps
Stöcke in der Mitte fassen	grab your poles in the middle
Arme ohne Stöcke schwingen	swing your arms without poles

Aufstehen

Ski zusammenstellen	put your skis close together
Ski waagrecht stellen	place the skis at a right angle to the fall line
Ski unterhalb des Körper stellen	sit just uphill (above) your skis
Beine anziehen	bend your legs
Kanten einsetzen	use your edges
Stöcke einsetzen	plant your poles
Körper hochdrücken	push to move yourself forward and over your skis
nochmals versuchen	try (that) again

Standing back up

Treppenschritt

Ski parallel und horizontal auf Talstock stützen	place skis parallel and across the fall line (right angle to...)
Talskis mehr belasten	use your downhill pole for support
Knie zum Hang drücken	put more weight on your downhill ski
Kanten einsetzen	push your knees towards the hill
Bergstock heben	use your edges
Bergski bergwärts	lift the uphill pole
Bergski auf Bergkante	move the uphill ski upwards
Bergski wieder belasten	use the uphill edge of the uphill ski
Bergstock einsetzen	put weight back onto the uphill ski
Talski beiziehen	plant your uphill pole
auf Bergkante stellen	bring the downhill ski into a parallel position
Talstock nahe Talski	stand on the uphill edge
Bewegungen wiederholen	plant the downhill pole close to the downhill ski
	repeat those movements

Side Steps

Halbtreppenschritt

gleichzeitig hinauf und vorwärts steigen

Grätenschritt

Stöcke hinten einsetzen

auf Stöcke stützen

Skispitzen öffnen

Knie zusammen

Innenkanten setzen

im Grätenschritt aufsteigen

Schussfahrt

Grundverhalten

ins Tal schauen

beide Stöcke einsetzen

Hoch-Tiefbewegung

Ski offen und parallel

Spitzen auf gleicher Höhe

Kniewippen

Mit beiden Händen zum Schuh greifen

leichte Sprünge

Gleitschritte

Ski abwechselnd links/rechts heben

Arme seitwärts / vor dem Körper halten

Pflug

im Schuss losfahren

Skienden durch gleichmäßiges Drehen auseinander geben

Pflug im Auslauf

Pflug im Hang

Pflug mit Kniewippen

Wechsel zwischen Schuss und Pflug

längerer Gleitpflug

Bremspflug

Side Steps while moving forward

stepping upwards and forwards at the same time

V-Step

plant your poles behind you

use your poles for support

move ski tips apart

knees close together

use inside edges

move upwards by using the V-step

Schuss (flat lining)

basic position

look straight ahead (downhill)

plant both poles

upwards and downwards motion (high/low)

skis apart and parallel

ski tips are at the same level

(slightly) bend and extend your knees

touch the boots with both hands

slight jumps

gliding

alternate between lifting left/right ski off the snow

hold arms sideways / in front of your body

Snowplough

start in schuss

push ski tails (ends) apart by turning them steadily

snowplough in the run-out

snowplough on the slope

snowplough with flexing (bending/extending) knees

alternate between schuss and snowplough

long gliding snowplough

breaking snowplough

Kurven

aus dem Pflug den werdenden Außen-ski drehen - belasten - aufkanten

Sprung-, Knie- und Hüftgelenk gebeugt

mit gebeugten Beinen Ski aus der Falllinie drehen

linken/rechten Ski mehr belasten

Kurve im Auslauf mit geringer Richtungsänderung, link rechts, zuerst in der Falllinie, später aus dem Schrägpflug

Kurven aneinanderreihen

Kurven mit Rhythmuswechsel

Anwendungen während leichter Abfahrten

alle Übungen auch ohne Stöcke

Turns

from snowplough turn the outside ski, put weight on it and use the edge

bend ankles, knees and hips

turn out of the fall line with your knees bent

put more weight on your left/right ski

turn in the run-out with only a slight change of direction, left, right, start in the fall line, continue with a traversing snowplough

link your turns (string them together)

turns with variation of rhythm

apply (use) on gentle slopes

carry out all exercises without poles as well

AFV - Schrägfahrt

Skiführung parallel auf den bergseitigen Kanten, Sprung-, Knie-, und Hüftgelenke gebeugt

Bergski, -hüfte, -schulter leicht vorschoben zum Hangausgleich

Knie zum Hang

Talski mehr belasten

Arme vor dem Körper tragen

Kniewippen

beide Hände zum talseitigen Knie

Alpines Fahrverhalten - bergseitigen Ski anheben

Alpines Fahrverhalten - in eine höhere Spur steigen

alle Übungen auch ohne Stöcke

Traversing (traversing stance)

skis are parallel, weight on uphill edges with flexed ankles, knees and hips

move uphill ski, hip and shoulder slightly forward, upper body facing the valley

knee towards the mountain

put more weight on the downhill ski

arms in front of the body, palms facing up

bending and extending the knees

put both hands on your downhill knee

traverse in stance with your uphill ski slightly lifted

traverse in stance and step onto a higher track

carry out all exercises without poles as well

AFV - Schrägrutschen

aus dem Schräpflug den Bergski umkanten und beidrehen, um das Rutschen auszulösen

Schrägrutschen der Ski auf den bergseitigen Kanten durch gutes Fahrverhalten steuern

beenden des Schrägrutschens durch steuern zum Hang

Standübung - Gleitschritte (Kantengriff lösen)

aus dem Schräpflug den bergseitigen Ski zum Rutschen beidrehen - Aneinanderreihen zur Girlande

Girlande stärker in Richtung Falllinie

Side Sliding

from traversing snowplough bring skis parallel and start sliding

controlled side sliding on the uphill edges turning gently

stop side sliding by turning upwards (towards the uphill)

standing exercise - gliding by releasing the edges

from traversing snowplough bring the uphillski parallel - repeat the motion (falling like a leaf)

Repeat the motion turing more towards the fall line (falling like a leaf)

Richtungsänderungen

wir werden lernen...

...Carven Grundstufe (Pflugschwingen)

...Paralleles Skisteuern - lang

...Paralleles Skisteuern - kurz

...Carven - lang

...Carven - kurz

Changing Direction

we will learn...

...basic carving from the plough position

...parallel turns - long

...parallel turns - short

...carving - long turns

...carving - short turns

Topgruppe

Skilauf in steilem Gelände

Skilauf in der Buckelpiste

Race Carven - lange Radian

Race Carven - kurze Radian

Tiefschneefahren

Schönskillauf

Funcarving

Top Group

skiing in steep terrain (on steep slopes)

skiing moguls

race carving - long arcs

race carving - short arcs

(deep) powder skiing

aesthetic skiing

fun carving



NOTES

Herausgeber

TSLV
Anichstraße 29
6020 Innsbruck
Österreich

<https://www.tirolerskilehrerverband.at/>

info@tirolerskilehrerverband.at

Juli 2025

Alle Inhalte dieser Publikation, insbesondere Texte, Fotografien und Grafiken sowie verlinkte Videos, sind urheberrechtlich geschützt. Das Urheberrecht liegt, soweit nicht ausdrücklich anders gekennzeichnet, beim Herausgeber dieser Publikation und die Inhalte dürfen nur zum privaten und sonstigen eigenen Gebrauch im Rahmen des Urheberrechtsgesetzes und der freien Werksnutzung ohne jede Änderung verwendet oder vervielfältigt werden. Eine analoge oder digitale Verbreitung von Kopien oder Auszügen der Inhalte sowie die kommerzielle Nutzung dieses Werkes sind ohne schriftliche Genehmigung des Herausgebers nicht gestattet.

Die Inhalte Dritter sind als solche kenntlich gemacht und dürfen ohne Einwilligung des Rechteinhabers nicht vervielfältigt, öffentlich zugänglich gemacht oder öffentlich wiedergegeben werden.

