

## PROBLEMS WIT YOUR SNOWPLOW TURNS?

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If you are a beginner skier who has no problem sliding straight down a hill in a snowplow but as soon as you try to change direction or make a turn you ski gets jammed on the snow and refuses to go in the direction you want, keep on reading because this lesson is for you.

Have you experienced the following situation? While skiing with someone you try to start a turn and the person who is skiing with you tells you that:

- 1.- You are edging too much.
- 2.- You are pressing your knee in to much.
- 3.- You are turning your hip to the outside of the turn.
- 4.- You are trying to turn your skis with your upper body.
- 5.- You are putting to much pressure on the inside ski.

All above statements are not the CAUSES of your problem but the CONSECUENCES of it. Let's see why.

Let's experiment. While standing with your skis on a flat snowed terrain open a snowplow with one ski without lifting it off the snow. You will be able to notice that the ski, in relation to the ground, doesn't hinge under the foot but around an axis located close to the ski tip. What I just stated is very easy to verify by looking at the tracks you left on the snow. It will be wider at the back and become diagonally narrower towards the front like a triangle. Therefore obviously the axis is located at the triangles tip. Try it again and look at it as the ski slides into a plow.

Instinctively beginners use rotary actions as their main tool to attempt a turn. When a car turns a corner it is because, as the front wheels change direction the front part moves that way. Therefore it seems logical that while skiing, if I want to turn in a certain direction I will be able to do so by pointing the skis that way like I would with the wheels of the car.

Well, while skiing it doesn't work that way. At beginners level the skis turn similar to a boat with an outboard motor; when I want to turn in one sense I direct the motor to the opposite side which causes the back side of the boat to move outwards ending with the front pointing in the required direction.

Let's find out if what I say is true: Standing in a small snowplow position on a flat snowed surface, without lifting the ski off the snow try to move or displace the front of the ski towards the direction you want to point it. You will not be able to do it because the inside edge of the ski jams against the snow. On the other hand, if you try to turn it like you would a boat, displacing the tail of the ski in the opposite direction, you will easily succeed.

**The only reason you were not successful in your former efforts to change direction was the fact that you were trying to displace the front of your ski towards the required heading.**

As soon as you attempt to move the tip of the ski in a new direction the edge will jam and generate number 1 situation described above. Because you get no results you will try harder resulting in number 2. Then you will add extra movements with your hips and upper body generating situations 3, 4 and 5.

The solution to the problem is very simple; all you need to do is to reverse the actions. Stop thinking of pointing your ski in the direction you want to go and each time you want to make a turn **just think of pushing the tail of the ski in the opposite direction you want to go.**

A final thought: The movements required to glide in a snowplow position straight down a hill are the same as the movements required to make a turn. When you are opening your skis in a snowplow you are pushing their tails outwards. Because you are doing it symmetrically with both legs and with the same intensity they neutralize each other and you end up sliding straight down. Theoretically all you need to do is to break the symmetry or change the intensity of the effort on one side for the skis to start turning. Try it. Good luck!