



MOVEMENT ANALYSIS

OBSERVE: *"What do you see"*



What do you see? What Happens & When Does It Happen? Observe from various positions. Describe the movements you see. (This is like a scene size-up.) Review each fundamental and compare it to what you see. Do you see what's described? Start with the snow and work up.

EVALUATE/DIAGNOSIS:

"Why is it happening, Cause vs Effect"



Concentrate on the body movement or position (the **cause**) as it directly influences the behavior of the ski or board (the **effect**). Compare the student's performance to the desired outcome: *Real vs. Ideal*. The **real** is what you observe, while the **ideal** is the desired outcome. Prioritize what you see and identify and address the immediate issue to enhance success. **Determine the chief complaint.** Utilize the Fundamentals to diagnose the problem

PRESCRIPTION: *"The Cure!"*



What tasks, exercises, and drills can you use to address your diagnosis?

The prescription should address the specific issue, not a broad-spectrum solution. Start simple, **Static drills are often more accessible and understandable and work to more complex tasks.** The prescription is never "You need more miles" without specifics.