

Basic Beginner Lesson Outline

- Boot Drills (Very important. Spend some time here.)
 - Walk in figure 8 (Little Toe and Big Toe Edges of Boots)
 - Jump
 - Stand on one foot
 - Kick a ball around the circle
- One Ski Drills (Flat Land Drills)
 - Slide around in a figure 8
 - Jump
 - Scooter
 - Turn around in place both directions
- Take off ski and do it all over again on the other foot
- Put both skis on (Flat Land Drills)
 - Slide around in a figure 8
 - Jump
 - Push around with poles
 - Turn in place in both directions
- Introduce the Bullfighter turn
- Introduce stepping up the hill
 - Sidestep
 - Herringbone
- Straight Runs
- Introduce Gliding Wedge
- Look At Me Turns (While in gliding wedge)
- Use turn to stop
- Twisting of Feet to Steer Turn
- Big Toe Turns
- Breaking Wedge

Once they have turns and a stop, then introduce riding the J-Bar.

When you have them on the hill make sure they turn and go across the hill. Use the terrain for primary speed control, not a breaking wedge.