

Scott's Tips

One of the things I've been working on is "Ankle Angle". At the dryland training session I tried to indoctrinate this concept to those who were there. You should adopt this too. Try this. Walk. Easy, huh? Notice how your leg-foot angle is normally about 90 degrees. Now make this angle as acute as possible while remaining comfortably balanced. (Student Carol commented at this point, "Oh, look, I have cute ankles". Who said teaching is easy?) But I digress, with the ankle joint closed as much as you can while walking but without changing the knee angle, notice how your whole upper body position shifts forward (keep your butt tucked in). Shift between 90° and an acute angle several times and feel this happen. Notice that you seem to be pulled forward like a hood ornament on a Jaguar. It's kind of amazing. When this is adapted to skis and rollerskis, the same thing happens. You are pulled forward without exerting any additional effort. When you have the potential to glide, this new body position is even MORE effective! Your skiing has just become far more efficient. But it takes practice. Don't wait for the snow to fall. Go find a hill and start ski walking. Acute ankle angle; it has a ring to it, don't you think?