

## Performance Bumps (Level 3)

Advanced Zone/Level 3 Applied Skills

### Activity Description:

Ski black and double black moguls while showing purposeful versatility of line, turn shape, and speed.

### Why this activity will be useful:

The ability to ski fall line moguls on steep terrain opens doors to allow the skier access to any part of the mountain. This type of skiing requires both mental and physical mastery of skill blending. It requires athletic skiing and a playful interpretation terrain and line choice.

### How the Body Moves: (CAUSE)

- Flexion movements of the joints facilitate pressure control through absorption of the terrain
- Extension movements of the joints facilitate pressure control and maintain contact with the snow as the terrain drops away
- Rotational movements come from the femurs turning in the hip sockets under a stable pelvis and upper body and create upper/lower body separation
- The duration, intensity, rate and timing of the turning movements are varied to accommodate high speed and fall line bump skiing
- Tipping movements originate in the lower leg under a stable upper body
- The duration, intensity rate, and timing of the tipping movements are varied to accommodate high speed and fall line bump skiing
- The core maintains functional tension to preserve stability in the upper body

### What the skis do: (EFFECT)

- Skis maintain contact with snow when appropriate
- Skis bend to maintain contact with the snow when in the troughs
- Pivot point of the skis is under the foot
- Skis turn at similar time and rate to match terrain variations
- Skis tip and release simultaneously allowing the tips to move into the fall line
- Pole plant can be used as a timing device for turn initiation, and may aide in stabilizing the upper body
- Turn shape and line choice are used for speed control

**Where:** – choose a safe low traffic area for this activity

- Black or double black bumps
- Be able to ski a variety of line choices on demand

[See a Video of this Activity](#)

### Learning/Teaching Cues

- Practice: pivot slips, short turn leapers, basic short turns, performance short turns, retraction basic parallel, linked short turns in the bumps, level 2 variable terrain
- Perform practice activities on terrain with a similar pitch as desired on the bump run

- When learning to ski black and double black bumps, first become very comfortable doing short skidded turns on terrain of similar to pitch to what you will be skiing
- Determine your strength and weaknesses within the practice activities. Typically at this level of skiing adjustments in duration, intensity, rate, and timing of movements are the main focuses of developing the ability to ski the terrain skillfully
- There are many line options and stylistic preferences for skiing moguls. The following cues are simply a sample of options to use in bump skiing.
  - A **pressure control** tip for beginning to ski black and double black moguls is to prolong the duration of retraction movements through finish and initiation phases of the turn
  - Begin to pivot the skis by turning the legs while they are still relatively flexed
  - Extend the legs as the snow falls away on the downhill side of the mogul. As pressure builds and the next mogul begins to rise out of the snow, begin flexing the legs (outside leg more than inside) early and actively
  - **Rotational control focus:**
  - If the skier is looking for more turning options, here are two places to play around:
    - In the finish phase, as the skier begins to flex and absorb, continue to turn the legs more than the upper body, perhaps even add a quick pivot of the skis to tighten the turn shape and dump speed
    - In the initiation phase, often skiers feel an urgency to start the turn, and pick up the new inside ski to try and make the turn start more quickly. A quick pivot of the skis at turn initiation tightens the arc of the turn and often results in side slipping/scraping down the side of the mogul
    - If the skier is looking for a rounder path of turning, encourage the skier to slow the rate of leg rotation in the initiation phase of the turn. This promotes a rounder shaped top half of the turn, allows the skis to travel out onto the side of the neighboring mogul, and can present a new line option. Couple these turning options with prior Pressure Control options