



MOGULS MODULE

Competition

Introduction

Coaching
Association
of Canada



Association
canadienne
des entraîneurs

National
Coaching
Certification
Program



Programme
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entraîneurs



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Purpose and Objectives of the Course

The following information package is designed to supplement the information delivered in the TSM 2, and to enhance your knowledge of skiing. This document will review the basics of mogul skiing; body position, turn timing and shape, range of motion and jumping. The athlete must be proficient at the 4 basic skiing skills on groom before challenging them with the more difficult terrain of waves and moguls.

Body Position

The correct body position in moguls requires some adjustment from the position used in non-mogul specific groom terrain. The head must continue to be held in a natural position with the vision ahead in order to read the upcoming terrain. The upper body must be upright with the arms held in front at approximately mid torso height. (Figure 1.1)



Figure 1.1

In profile view the shoulders and hips should be in line over the arch of the foot. (Figure 1.2)

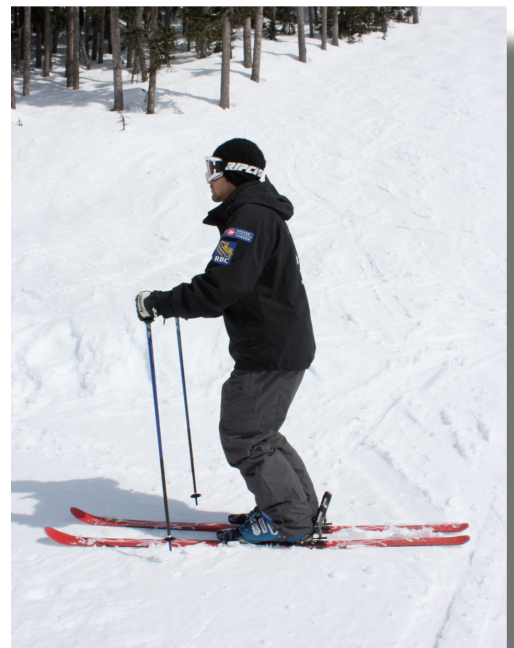


Figure 1.2



The three lower body joints (hip, knee & ankle) must always be in a flexed position. (Figure 1.3)

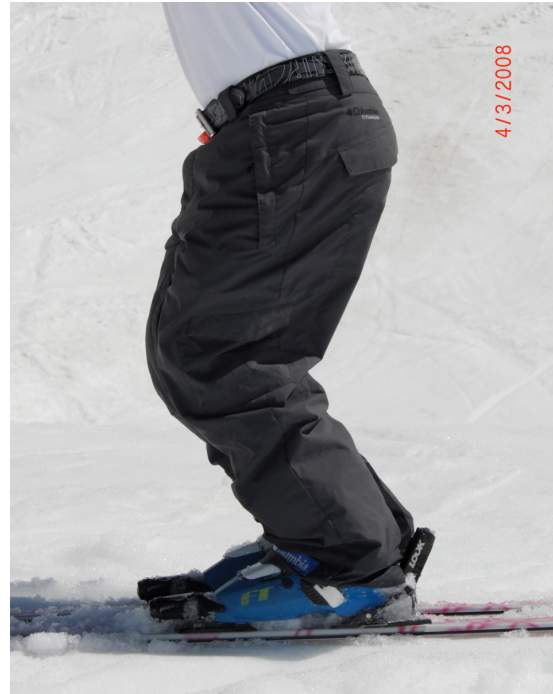


Figure 1.3

The ankle joint must remain flexed resulting in shin pressure and the pelvis must remain in the correct neutral position throughout all skiing movements. (Figure 1.4)



Figure 1.4



The pelvis cannot be rolled forward (Figure 1.5) which causes roundness in the back, tucked under (Figure 1.6) which causes too much arch in the lower back and it cannot be flat and pressed forward on top of the toes (Figure 1.7).



Figure 1.5



Figure 1.6



Figure 1.7



The standard in mogul skiing is a narrow stance (Figure 1.8) but a wide stance (Figure 1.9) should still be used in the learning progression.



Figure 1.8



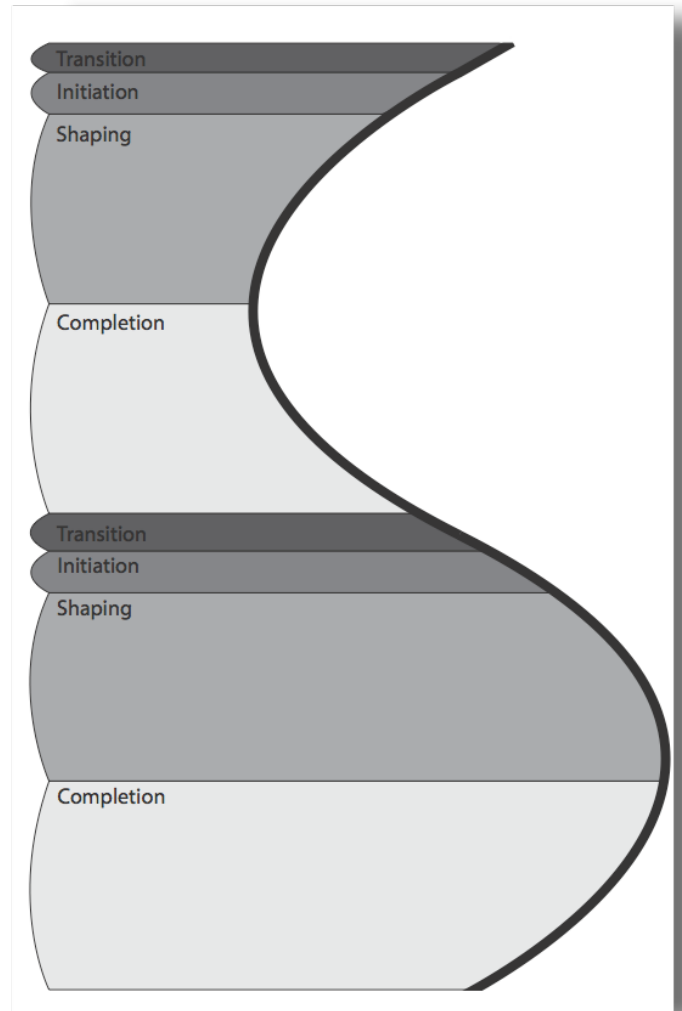
Figure 1.9



Turn In Wave and Mogul

The pole is planted, the feet pass over the crest of the mogul and extension begins.

Phase 1, transition, of a new turn has begun. The upper body is perpendicular to the overall slope and hip & shoulder in line over the feet. Transition is complete when; the hip is facing the direction of travel, weight has been shifted to the new outside ski and extension is complete. The turn is initiated (**phase 2**) by use of the knee and ankle joints. The shins press forward on the boot tongues and the knees are directed down & in to roll the skis onto edge. The shaping phase (**phase 3**) determines line which is adjusted for the desired speed control, either acceleration or deceleration. As the ski tips approach fall line they contact the mogul face and absorption begins. Shin pressure can only be maintained with correct position of the hip and upper body through absorption. The turn is completed (**phase 4**) as the feet pass through the face and onto the crest. At this point, the hip & shoulders are level, square and on top of the feet and the skis are still on edge.



The mogul or wave should be treated as a timing device similar to a brush. They dictate where the phases of the turn happen, they do not assist in initiating the turn nor do they make the turn. Each phase of the turn is equally important. As turns get shorter care must be taken to not eliminate or blend one or more phases. The skis' properties can only be utilized with the properly timed and shaped turn as described below.

Transition (phase 1)

Transition links turns and resets the skier into their neutral position. It is the only point of a turn where the objective is running a flat ski while in motion. Direction of transition is the same as the end of the previous turn. As the skier enters the transition box the ski edges are released using the ankles and knees to roll the ski onto a flat base. As this happens the weight is balanced equally on both feet, the body is stacked (shoulders, hips and knees on top of the feet) and perpendicular to the slope and the feet, knees



and hips all face the same direction. There is a weight shift to bias the outside ski. In high level mogul skiing the weight bias is minimal (+/- 5%) but exaggerated weight shift should be taught to ensure it is being performed correctly. When teaching turn timing and turn shape the transition box can be lengthened to allow for more time to complete the necessary movements. As the athletes become more proficient the transition box should be kept as short as possible. Transition is complete when the body is stacked over the feet, weight has been shifted to the outside ski, the body's center of mass has been projected on level plane diagonally towards the middle of turn and the athlete is pressing down through the balls of feet and into their shins. In wave and mogul transition occurs as extension begins (on groom terrain we up unweight to unload the skis. In moguls and waves, we use the terrain – backside/downhill side – to accomplish this unloading). The skis must not change direction (pivot) during the transition phase.

Initiation (phase 2)

Initiation takes place immediately after exiting the transition box. The ankle, knee and hip joints are used to roll the skis onto edge. For mogul specific turns hip angling is minimized. It is important that the hip and body remain on top of the feet, the hip must not drop to the inside of the turn and the upper body must not incline (lean) or rotate to initiate the turn. This is so the skier's centre remains over their feet at all points of the turn. Initiation is a gradual process of putting the ski onto edge to "initiate" the technical aspects of the ski: side-cut and reverse camber. The hips and feet are still facing the same direction as in transition. The skier should be extended to their base neutral by the time initiation occurs.

Shaping (phase 3)

The knees lead the way with the hips and feet following behind. During this phase of the turn the body's centre must continue to move towards the middle of the turn not the end of turn (downhill). During the shaping phase, it is up to the skier to determine the amount of steering and edging necessary along with the amount of pressure needed to create the desired radius of turn and line. In waves and moguls, the shaping phase takes place on the backside of the wave/mogul. The skis should be entering fall line as the ski tips are contacting the face of the upcoming wave or mogul.

Completion (phase 4)

Once the skis pass through fall line the hip and upper body must remain level and square to the fall line. The skis should stay on edge until the turn is completed and the skier enters the next transition. In wave and moguls, absorption takes place during the completion phase.

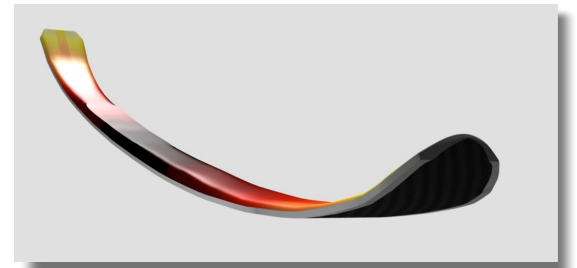


Mogul Specific Groom Skiing

Mogul specific groom turns require some adjustments in body position, ski use and timing from normal alpine skiing turns. The upper body is more upright, the shoulders must remain over the hips. Neutral is slightly lower by increasing angles equally in the three lower body joints.

The body must remain stacked over the feet at all points of the turn as well as maintaining shin pressure throughout. Up unweighting is still used but it is done without lifting the entire body but rather the legs pull up under the body to up-unweight the skis. (The body's center of mass should not lift during up unweight for mogul specific turns). There will be some pivot exiting the transition box but the goal is to have the skis on edge as soon as possible and well before they hit fall line. Transition must be complete (weight shift and projection – the movement of the body's center on level plane diagonally down the hill aiming towards middle of turn) before the skis are allowed to pivot in order to maintain a stacked position.

Increased steering movement is used after the skis have come through fall line to completion of turn. Mogul skis have a very narrow side cut. On groom terrain, we cannot pressure the skis enough to carve a short turn radius. Steering must happen under the body through rotation of the femur in the hip socket and lower leg movement. It cannot happen by pushing the feet outside the body or rotation of the hips. The shoulders should stay square to the fall line at all times. This is accomplished with stronger counter rotation movements. The inside ski will naturally move ahead of the outside ski when the athlete maintains correct body position. This is called lead change. Note: exaggerated lead change should not be taught or emphasized as it leads to poor weight position and timing.





Absorption & Extension

Movement in the lower body is necessary in all skiing (groom, wave, mogul or off-piste) to maintain balance as well as ski to snow contact when desired. **This movement comes from using muscular effort and all lower body joints together.** Shin pressure (ankle flexion) is maintained at all times throughout all range of motion. The upper body from top of head to pelvis must travel the same plane throughout absorption and extension; it should not rise and fall with the terrain changes nor should the upper body bend at the waist.

Ski flex (Figure 2.1) is the primary source of speed control used in competitive mogul skiing. This flex can only be attained with proper body position, ski line and correct timing and movement through absorption and extension.

Absorption is the flexion of the lower body joints working together to maintain balance and control flex in the skis. It can be an active motion of **pulling the feet up** or a passive motion where the terrain pushes on the feet. At all times, the feet must remain under the hip eliminating the need for the "backwards bike pedal". Throughout absorption the hip must remain level and square and stay on top of the feet.

Figure 2.1

Extension is the opening of the three lower body joints together. It is limited to the point of neutral position, never to full extension where loss of shin pressure or lower body angles occur. **Extension is generally a passive movement but can also be active in certain circumstances.** Through extension the upper body must remain perpendicular to the slope, there should be no uphill movement of the upper body. The skis must not rotate or move through fall line during extension or the ski's natural properties cannot be utilized. **The extension movement must be directed onto the fronts of the skis and balls of feet. This will help ensure correct weight position on the ski and allow for a balanced position.** Correct timing of absorption & extension is crucial to maintain position of the body over the feet. **As a general rule if the skier is unbalanced then their timing of absorption, extension and turn will be incorrect. A skier who is back on the ski or inside the turn will want to extend and/or turn early.** Absorption should start as soon as the ski tips contact the face of the mogul and continue until the feet reach the crest. Extension begins as the feet move over the crest onto the backside. Extension should be completed by the time the new turn is initiated. Correct body position will aid in correct timing.



Jumping in the Moguls

Teaching the fundamentals of landing should be step one. This is the base of jumping and jump safety, and should be well understood prior to learning maneuvers. The athlete should have proper comprehension of the neutral position, stacked joints or body alignment and the roll of absorption. With an understanding and level of competency of landing, all focus can then shift to the takeoff. A proper takeoff will facilitate a proper landing. It is the roll of the coach to determine the appropriate skill level of each athlete prior to performing maneuvers on snow or in a mogul course. (See Safety and Aerial Training)

Note: Prior to any jump training the jump site should be properly prepared and inspected by the coach to ensure the athletes safety. Refer to the CFSA Mogul Air Training Site for information on preparing a venue for training.

APPROACH

The focus on approach to the air starts three to five moguls prior to the jump. During approach, the athlete needs to:

- Control their speed to hit the intended landing zone and to perform the desired maneuver.
- Focus the vision to the end of the jump to assist in timing the takeoff.

The final turn entering into a jump is essentially the first half of a turn. Transition is completed and the ski is edged. Once the ski has come to fall line another transition is performed so the skis roll onto flat base and the weight is balanced evenly over both feet. **Extension should be limited to the neutral position desired for the jump.** (The athlete should not extend tall and sink back into neutral) Stance should be widened through the jump transition to aid in balance.

PREPARATION

The area from the crest of the last mogul before the jump, through the transition to the tail of the jump is the preparation zone. In this zone, the athlete must prepare the upper body aligning the shoulders square to the end of the jump, extend the arms to the proper position and assume the appropriate neutral position. At this point it is imperative that speed is under control. To achieve a proper takeoff the athlete should not decelerate through the preparation zone but maintain speed focusing on pressure on the front of the ski. Entering the preparation zone emphasize the following points to the athlete:

- Keep the skis in contact with the snow by having good range of motion and good pressure control.
- Watch the end of the jump to aid in proper timing of the takeoff.
- Reach toward the jump with both hands, straightening the arms to a position no more than 45 degrees down from the shoulders and approximately 45 degrees open from the shoulders.
- Maintain strong ankle flex directing the tip of the ski down, straight through the transition into the tail of the jump.

Note: Deflection or wedging of the skis through the transition of the jump will put the hips behind the feet making it more difficult to maintain the desired neutral position and keep the joints stacked for a good takeoff. It is therefore important to have speed control prior to entering the preparation zone.



TAKEOFF

The takeoff is the most important element of a successful jump. This is the last point of contact with the snow and the point at which the trajectory of the jump will be determined. Pressure on the ball of the foot must be maintained through extension in order to maintain proper body alignment and control.

As the athlete enters the transition from the backside of the last mogul and into the tail of the jump pressure should increase on the front of the ski. The neutral position should be maintained with the center of gravity aligned over the ball of the foot, "stacking" the angles of the ankle, knee and hip. The athlete resists the increasing pressure and pushes against it, extending all body angles equally in effect pushing the feet down under the hips to a straight body position at the same time lifting the arms to a position 45 degrees above the shoulders and 45 degrees open from the shoulders. Extension essentially starts in the middle of the body and pushes equally in both directions with the upper body lifting up and the lower body pushing the jump down. The body should be fully extended and the arms in the proper position at the end of the jump.

To achieve a proper takeoff, emphasize the following points to the athlete:

- Keep the vision up, on the end of the jump and then beyond the jump through extension. The vision should be allowed to come off the end of the jump naturally, not by a physical action.
- Feel pressure on the front of the ski, front of the boot or ball of the foot through transition, up the jump and all the way through extension pushing the toes down under the hips.
- Initiate extension with the arms by reaching to the jump while passing the crest of the last mogul. Use the arms to essentially lift the hips up off the end of the jump.
- Be sure the athlete keeps the chest tall, aligning the joints and minimizing movement in absorption through the transition to the jump.
- All joints should remain "stacked" throughout extension.

Alignment of the body angles is crucial for a proper, balanced takeoff. The body should be aligned over the ball of the foot. Being prepared as early as possible is the key element to a successful takeoff.



MANEUVER

The maneuver being performed will dictate when it should be initiated with regard to the takeoff. A simple up rite maneuver should start only after the athlete has extended fully off the end of the jump. Any spin or flip rotation (forward or backward) is initiated during extension.

LANDING

Learning to land properly both in and out of the moguls should be learned first, prior to attempting complex aerial maneuvers. The landing area should always be prepared properly and inspected prior to jumping.

With all aerial maneuvers, an extended body prior to landing facilitates the greatest range of motion for optimal absorption. As the athlete completes the maneuver being performed, the body should be extended as much as possible and the vision should focus on the landing. All rotation should be stopped using the appropriate technique for the maneuver in an attempt to hit the ground with equal pressure on center to ball of both feet. The arms should be straight, reaching down the hill in the direction of the line to be skied while impact is absorbed equally through the ankle, knee and hip.

It is important to remember that the majority of mistakes on the landing can be attributed to a poor takeoff and thus should be addressed there. Looking at the takeoff first to detect an error will help in correcting both the maneuver being performed as well as the landing.

With all landings key points to remember are:

- The center of gravity should be aligned over the center to ball of the foot incorporating the angles of the ankle, knee and hip in the range of motion in absorption.
- The arms should be straight, controlling the body to stop both axis of rotation and reaching down the hill in the direction of the line to be skied.
- Vision should quickly focus on the upcoming turns after the landing.
- The skis should land straight on fall line for optimal balance.

Speed control should be achieved gradually over a series of moguls rather than immediately turning the skis across the fall line. It is important to note that increasing pressure on the front of the ski and ball of the foot during takeoff will increase the trajectory or apex of the jump being performed thus facilitating easier speed control after landing.



EXIT

The exit from the landing is the final piece of the jump. The line into the moguls exiting the landing should be identified first and connected to the line into the transition of the jump as mentioned in Approach. This line should be as straight as possible in the given terrain.

The first turn exiting a jump is the last half of a turn. The skier lands with their skis at fall line and absorbs the impact. It is critical that this absorption comes from the lower body only and that shin pressure is maintained. The skier extends to neutral and edges the ski. The most common mistakes on jump exits are: **1)** absorbing impact with the upper body leading to incorrect alignment, **2)** immediate extension (over extension), **3)** excessive deflection of the skis and skidding. Depending on the distance to the first mogul a small set up turn might need to be made.

SAFETY AND AERIAL TRAINING

It is the roll of the coach to ensure that athletes practice their aerial maneuvers in a safe and effective manner. A proper progression should always be followed to prepare the athlete to perform complex maneuvers. Site inspection, preparation and maintenance are essential to ensure a safe and effective training environment.

Aerial training for moguls can be done on a mogul course or a mogul air-training site. If training on a specific training site, it is the roll of the coach to ensure the site is properly prepared for training. Refer to CFSA Mogul Air Training Site for specific criteria.

If training aerials on a mogul course, the athlete must be ready to perform the skills needed to land safely and ski into the moguls. If other teams are using the course at the same time, conduct the training in a safe and structured manner as to avoid conflict with other athletes. As a coach, it is your responsibility to ensure proper etiquette is adhered to; the jump and surrounding area (transition, takeoff point, and landing) are hazard free and well maintained. It is your responsibility to control the jump ensuring the transition, jump and landing are clear before your athletes jump.



Mogul Specific Drills

CROSS FALL LINE EDGING

Skills: Edging

Terrain: Flat to Moderate Groom

Objective: the movement needed for correct turn initiation

Description: The skier begins stationary facing across the fall line in wide stance with correct neutral. Shoulders, hips, knees and feet are all facing the same direction. Weight should be fairly equal with a slight bias to the downhill ski. The skier slowly traverses across the fall line edging both skis into the slope using the ankle and knee joints only.

Progression:

- 1) Once the skier is proficient at cross fall line edging they can gradually increase radius of turn by starting the drill facing more down the fall line. If cross fall line is 3/9 on a clock face the skier should move to 4/8, then to 5/7.
- 2) Fall line to end of turn with square body.
- 3) Downhill – Uphill Edging. This is the same movement as cross fall line but edging both ways, into the slope and down the slope.

Watch For: The hips and shoulders must always face the same direction with no rotation or tipping. There must be no rotation of the feet or pushing of the ski tail downhill. The skis must remain parallel at all times.

ONE SKI

Skills: Steering & Edging, Stance & Balance, Pressure Control

Terrain: Flat Groom

Objective: Correct ski use and body position.

Description: While wearing only the outside ski the athlete will perform one turn focusing on correct ski use and maintaining balance throughout. If the skier has poor body position or is inside the turn they will not be able to properly execute the drill.

Progression: Linked turns focusing on a) proper ski use and b) correct body position throughout the turns.

Watch For: If the athlete cannot perform turns with proper edging most likely they are inside the turn. Watch for pivot on a flat ski or pushing the foot outside the body on initiation. The free foot should be held tight to the other throughout.

LOOSE BOOTS

Skills: Stance & Balance

Terrain: Flat to Moderate Groom, Wave or Mogul

Objective: Without the rigidity of the boots the skier will have better feeling of balanced and unbalanced. Will help identify where weight is felt on the sole of the foot and increases ankle joint mobility.

Description: With boots very loose (buckles open & power straps loose) perform varied turns on groomed terrain.

Progression: Used in wave or mogul to increase range of motion in the ankle joint through absorption. Only the top buckles should be undone.

Watch For: Choose appropriate terrain, turn shape and speed for the level of athlete.



X-JUMP

Skills: Stance & Balance, Steering & Edging, Timing & Coordination

Terrain: Any terrain, any pitch.

Objective: Correct alignment (stacked body position) and core tension from counter rotation.

Description: While continuously jumping off the snow the athlete rotates their skis up to 180 degrees landing on edge. The upper body (including hip as much as possible) stays square down fall line and the rotation should only come from the lower body.

Progressions: Varied or mogul terrain. Landing on flat bases with a pause before the next jump to focus on balanced position

Watch For: The tempo must be kept high with time spent in between hops minimal. The athlete should travel in a straight line directly down the fall line. The distance traveled down the hill should be kept as short as possible with the intent of jumping up, not out. The lower body must rotate directly underneath the upper (not pushing the feet outside or pushing the heels out). The upper body should remain calm and the skier should perform their pole plant as usual. If the athlete cannot maintain a fast pace they are out of position (incorrect alignment, inside or back) or not square.

NO POLE SKIING

Skills: Stance & Balance

Terrain: Any

Objective: Without poles the athlete will be forced to find a balanced position from centre.

Description: Skiing without poles.

Progression: This drill can be done with the arms in various positions. Two suggestions:

- A) Hands on hips may aid in feeling both correct and incorrect movements of the hip throughout the turn. This is used primarily in groom skiing.
- B) Position for hands on shoulders is similar to the arm position when performing front squats.

Throughout the turn the hands must remain on the shoulders with the arms and elbows held level. It is especially effective when used in moguls.

Watch For: Attempts to balance by changing arm position or extra movement of the arms throughout the turn.



ROLLER BLADE TURNS

Skills: Edging

Terrain: Flat groom. Traverse roads are generally ideal.

Objective: Using the ankles and knees to edge the skis. The side cut of the skis dictate the radius of the turns.

Description: Skiing directly down the fall line using the ankles and knees to edge both skis making a series of quick shallow turns.

Watch For: Ensure there is no steering of the skis, push of the heels or rotation of the upper body, hips or feet. The skis should leave a very clean line in the snow.

Progression: Increased tempo of the turns.

REVERSE TROUGH

Skills: Stance & Balance, Steering & Edging, Timing & Coordination

Terrain: Any pitch natural or machine-made moguls.

Objective: When skiing reverse trough, the mogul will not aid in initiating or making the turn. There will be little ski flex so speed control **must** come from correct steering & edging. Without correct body position the athlete will not be able to maintain line or rhythm for long.

Description: Skiing opposite the rut linking turns from crest to crest. In modern competition mogul skiing reverse trough is never used but is an effective training tool that should be taught. Reverse trough skiing will quickly expose incorrect body position (inside).

Watch For: Correct edging.



Training Aids

BRUSHES

Brushes are a visual aid and an effective training tool in any terrain (groom, wave or moguls) to clearly illustrate correct turn timing, desired turn shape or line. In waves and moguls, brushes can be used to indicate turn phases, desired line or corridor of travel and desired turn shape.

WAVES

Waves are the most important tool in the learning progression from groom to moguls. They give the opportunity to train every aspect of mogul skiing individually or in various combinations in a safe and controlled environment. Waves are a series of cylindrical shaped berms that run perpendicular to the fall line. They can be used alone or in combination with a jump (Refer to CFSA Mogul Air Training Site) to train a variety of mogul specific skills.

USE OF WAVES

Turning in waves is effective in teaching and training the correct turn timing & turn shape as well as the correct body position and pole plant timing. When first learning turn timing use a wide line with rounded turns. This will give the athlete ample time to feel transition on the backside of the wave through extension. Focus on correct body position and body direction along with transition placement. Don't be overly critical of edging or correct ski use when athletes are in the learning stage.

Straight run through the waves to train pressure control through the absorption/extension movements used in mogul skiing. It is important to focus on correct body position through all stages of learning.

Once an athlete is proficient with the correct turn timing, turn shape and pressure control through absorption/extension movements they can bring all aspects of mogul skiing together by skiing a narrow the line, decreasing radius of the turn and using correct steering & edging.

DRILLS WITHIN WAVES

The level of athlete and desired drills will determine what spacing you build your waves. If overall turn timing, body position/pole plant and absorption/extension drills are the majority then a wave spacing of 4.5 – 5 meters is ideal with width of 1 - 2 cat blades. The pitch used should be quite flat and consistent in order to maximize learning and consolidation of the skills.



STRAIGHT RUN WITH THE LOWEST TIME

Skills: Stance & Balance, Pressure Control

Objective: To control speed with ski pressure/flex

Description: A timed race or side by side if waves wide enough for two skiers.

Watch For: Correct absorption/extension movement & timing and correct body position throughout all range of motion.

Progression: Start higher on the wave tank

STRAIGHT RUN WITH GOAL OF FASTEST TIME

Skills: Stance & Balance, Pressure Control

Objective: To maximize speed by minimizing ski pressure/flex

Description: A timed race or side by side if waves wide enough for two skiers.

Watch For: Correct absorption/extension movement & timing and correct body position throughout all range of motion.

STRAIGHT RUN FOR SPEED AND GAP THE LAST TWO WAVES OR MORE

Skills: Stance & Balance, Pressure Control, Timing & Coordination

Objective: Control pressure/flex to increase speed then release from the snow.

Description: Build speed through control of flex/pressure then release from the snow at the correct time to gap two or more waves and land smoothly on the backside of a wave.

Watch For: correct timing & movement of jump

Progression: Gap multiple sets of two waves

HOP OVER THE CREST

Skills: Stance & Balance, Steering & Edging, Pressure Control, Timing & coordination

Objective: Used to practice extreme movement through transition (projection).

Description: While turning through the waves as the athlete approaches the crest have them hop over the top and land on the backside of the wave. Immediately after landing they should initiate the next turn.

Watch For: Correct projection from centre.

Progression: Add pole plants

USE OF BRUSHES TO SET TURN SHAPE OR DESIRED CORRIDOR

Skills: Stance & Balance, Steering & Edging, Pressure Control, Timing & coordination

Objective: Set the turn radius or corridor for the athletes

Description: Using brushes the coach can set various turn shapes. Brushes can be used to mark middle of turn, transition box, overall width of corridor skied, etc.

Watch For: Correct movement in transition and correct turn initiation and timing

Progression: The narrower the turn radius the more difficult as ski pressure will increase. Set shift patterns where the athletes must transition farther across the hill on some turns.

USED ON ENTRY AND/OR EXIT OF A JUMP

Skills: Stance & Balance, Steering & Edging, Pressure Control, Timing & coordination

Objective: To eliminate over deflection and rotation on last mogul(s) into or exiting a jump

Description: When building a mogul training site replace the last mogul(s) before the jump with a full line width wave. Can also be used on the exit of jumps and either straight run absorbs or turn through the waves.

Watch For: Correct absorption/extension movements and timing

Progression: multiple waves on jump entry.