

MOGUL SKILLS ASSESSMENT – SKIING SKILLS – RUBRIC

Short turns on one ski (performed and scored separately on each leg)

Skill description: Mogul specific short radius turn (on firm/groomed moderate blue run) with only one ski on.

Scoring: Qualitative assessment scored both on the left and right leg separately on proficiency of skill displaying correct **stance/balance, edge change, steering, pole plant**. Each athlete has two attempts – the best score of the two is taken.

Below are the key pillars of the skill to be assessed (in order of weighting/priority left to right). An evaluation of each of these will give an overall result/score.

	Stance/Balance	Edge change	Steering	Pole plant
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
	Central balanced and square stance, level shoulders, ankle closed, middle of foot, arm position, head up, upper body still.	Ability to roll from arch of the foot to little toe edge with control. Higher end technique displays edge change from the foot within the boot resulting in lower leg angulation. Less desired technique in changing edge is a cross over with the hips only and unchanged foot position within the boot.	Ability to produce controlled progressive edge with pressure control for speed control, tightening the radius of the turn with tail following the path of the tip.	Still hand/arm position with light pole touches ideally after the edge change and before the steering phase.

Brushes (two skis)

Skill description: Mogul specific short turns through a 20 brush, 3.5 meter spaced, straight line brush course on the groomed/firm blue run.

Scoring: Qualitative assessment scored on proficiency of skill displaying correct **stance/balance, weight shift & outside ski balance, edging, steering & pole plant**. Each athlete has two attempts – the best score of the two is taken.

Below are the key pillars of the skill to be assessed (in order of weighting/priority left to right). An evaluation of each of these will give an overall result/score.

	Stance/Balance	Weight shift & outside ski balance	Edge change	Steering	Pole plant
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
	Central balanced and square stance, level shoulders, ankle closed, middle of foot, arm position, head up, upper body still.	<p>Weight shift occurs from outside ski to new outside ski at the very start of the turn. Successful weight shift will see the new outside foot be lower than the inside foot. Continued balance over the outside ski will be aided by level not inclined shoulders.</p> <p>Weight shift should be a shift of the COM without compensatory body movements such as a dip of the shoulders or hip. The shift should occur before the turn initiates with the athlete balanced on the outside ski throughout the whole turn.</p>	Ability to roll onto arch of the outside foot and little toe edge of inside foot with control with higher end technique isolating this movement from the foot initiating and hips + upper body square and still resulting in a lower leg kink. Lower end / less desirable edge changes will be initiated by taking the hip across or even a shoulder lean into the turn.	Ability to produce controlled progressive edge producing speed control through completion of each steering phase. Tail to follow the path of the tip with little to no twist or pivot of the ski.	Still hand/arm position with light pole touches ideally after the weight shift and before the steering phase.

Absorption tank

Skill description: 5-8 rollers spaced at 7m (approx 30-40cm high) on gentle pitch. Skier skis through the rollers in a straight line absorbing the rollers. Each athlete has two attempts – the best score of the two is taken.

Scoring: Qualitative assessment scored from side on ability to absorb rollers, maintaining a mogul stance with the upper body, order of joint movement (ankle, then knee, then hip), center of mass carried over the feet through the peak of absorption, smooth use of appropriate range and resetting to a neutral mogul stance with the COM over the middle of the foot between each roller. High end scores (>8) with range through >90 degrees/femur flat.

Below are the key pillars of the skill to be assessed (in order of weighting/priority left to right). An evaluation of each of these will give an overall result/score.

	Stance/Balance	Joint movement pattern	Range
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
	a) neutral/reset stance: tall, central weight over feet, spine vertical, arms in front with relaxed elbows & neutral head. B) through absorption: spine remaining vertical, arms and head remaining still, feet underneath COM	Important that the ankle moves into max flexion and is the first joint to move followed by the knee and hip joint	Ideal range is with the ankle at maximum flexion allowed by the ski boot and the femur coming up to at least flat