

How to Improve Your Balance While Skiing

By Allen Smith, eHow User



One of the easiest ways to accelerate your skiing ability is to learn the proper skiing stance. This [exercise](#) will help you to locate the "sweet spot" on your skis.

Difficulty: Easy

Instructions

things you'll need:

- Skis, boots and poles
- Moderate to gentle sloping run

- 1 Begin by standing with your feet 6 to 8 inches apart with your skis directly under your hips and your legs in line with the upper part of your body.
- 2 Bend your ankles, knees and hips slightly so that your lower body becomes a semi-coiled "spring".
- 3 Hold your hands out to the side and in front of your hips as if you were riding a bicycle. Use your hands to direct the tips at the end of the poles down onto the snow.
- 4 Begin skiing slowly while continuing to press the tips on the snow. If you perform this exercise correctly, you should see two parallel lines scribed in the snow on both sides of your ski tracks.
- 5 After you become accustomed to this exercise, try it on more difficult groomed slopes and moguls.

Tips & Warnings

- If you lose contact with the tip of your ski pole on the snow, stop and start over again.
- Be sure to maintain a correct athletic stance. Never allow your hips to get behind your feet.