

How to Perform a Hockey Stop on Alpine Skis

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When situations require that you stop on a dime when alpine skiing, nothing brings you to a halt faster than a hockey stop. Patterned after the same type of stop that professional hockey players use, hockey stops require good balance, great edge control and an awareness of your surroundings.

Difficulty: Moderate

Instructions

things you'll need:

- A moderately sloping hill--not too flat and not too steep
- A smooth (preferably groomed) ski run without moguls
- A pair of skis, boots and poles

- 1 Begin by standing with your weight evenly distributed on both your skis. Using your ski poles to prevent you from sliding downhill, turn your ski tips downhill using a series of "pizza steps" until they are headed straight down the fall line. Most of your weight will be against the top of the ski poles with your arms fully extended.
- 2 Release your poles from the snow and allow your skis to move slowly downhill. Do not allow your skis to pick up too much speed.
- 3 With your arms held at the sides, slightly flatten your skis and slowly turn both feet uphill while your skis are still traveling in their original downhill path. The movement is a pivoting movement and should not cause turning.
- 4 Continue pivoting your skis and slowly roll your knees uphill. This will begin to reduce your speed as the edges scrape against the snow.
- 5 Continue rolling your knees into the hill as you complete your downhill skid, coming to a complete stop.

Tips & Warnings

- Keep your weight evenly distributed between both feet throughout the entire maneuver. Applying too much weight to one ski will cause you to turn.
- Hold your arms to the side for balance until you come to a complete stop.
- Avoid practicing hockey stops on terrain that is too steep, ungroomed or crowded with skiers.