

FEEL IT

**DON'T SETTLE ONLY COOPING
SKIING MOVEMENTS.....**

FEEL THEM



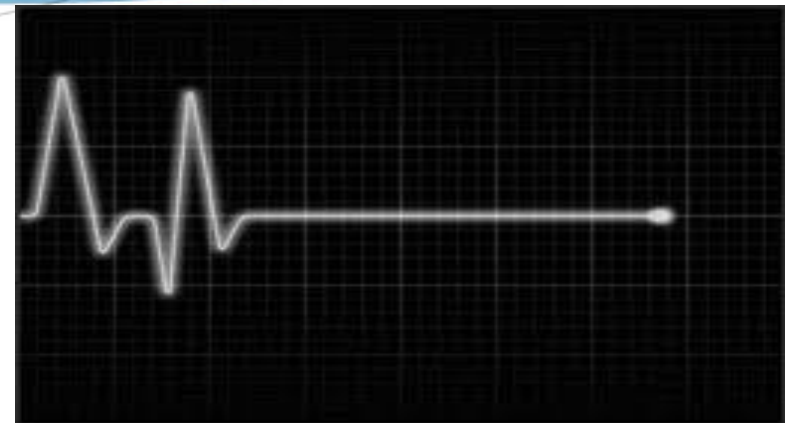
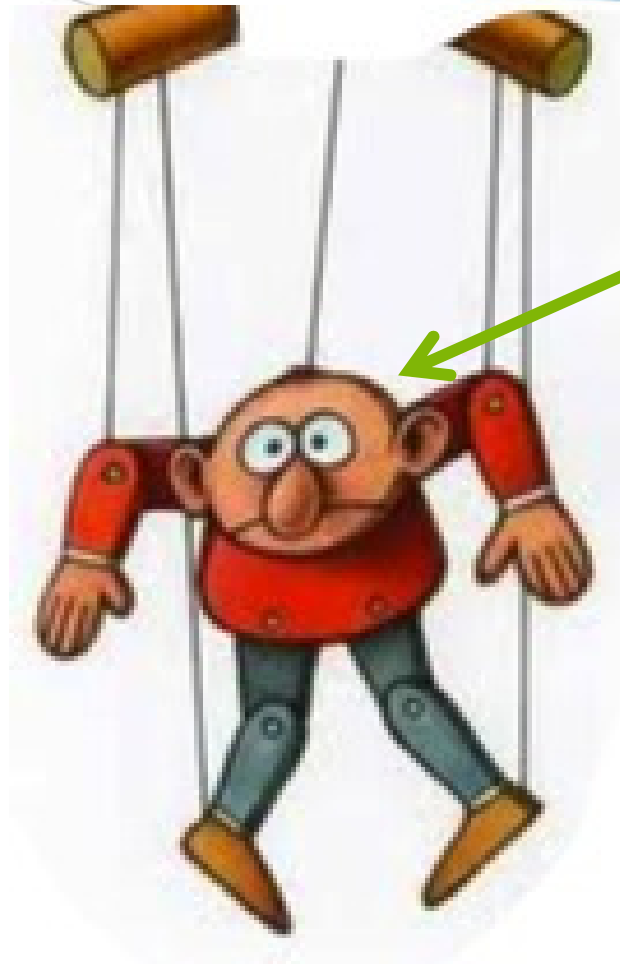
SAN MARINO (FOUNDED AD 301) IS THE OLDEST STATE IN EUROPE, AND THE THIRD SMALLEST COUNTRY IN EUROPE, WHEN COMPARED TO VATICAN AND MONACO
POPULATION 25.350 – AREA 61 SQKM



AIMS OF THIS LECTURE

- ◆ The didactic proposal that will follow is a part of a cycle of lessons which points to various objectives (involve the pupil, gratify his\hers interests, facilitate the learning in a creative and varied way, entertain and facilitate, make them aware of their movements and their significance)
- ◆ Within this theme, the part presented today is maybe the less entertaining as the introspection necessitates a moment of high attention, so it will be the teacher's\instructor's job to understand the moment to vary and change objectives in order to avoid an excessive mental exhaustion of the pupils

THE MERE IMITATION OF MOVEMENTS CONDITIONS AND LESSENS THE MENTAL POTENTIAL



When you perform some turns with your skis... what do you perceive?

- ◆ HOW YOUR HIPS MOVE AT THE BEGINNING OF THE TURN?
- ◆ HOW DO YOU ESTABLISH WHETHER YOU ARE CENTRAL OR NOT?
- ◆ WHAT OTHER MOVEMENTS\INFORMATION CAN YOU PERCEIVE?
- ◆ WHAT CAN THIS MENTAL REVISION HELP YOU WITH?

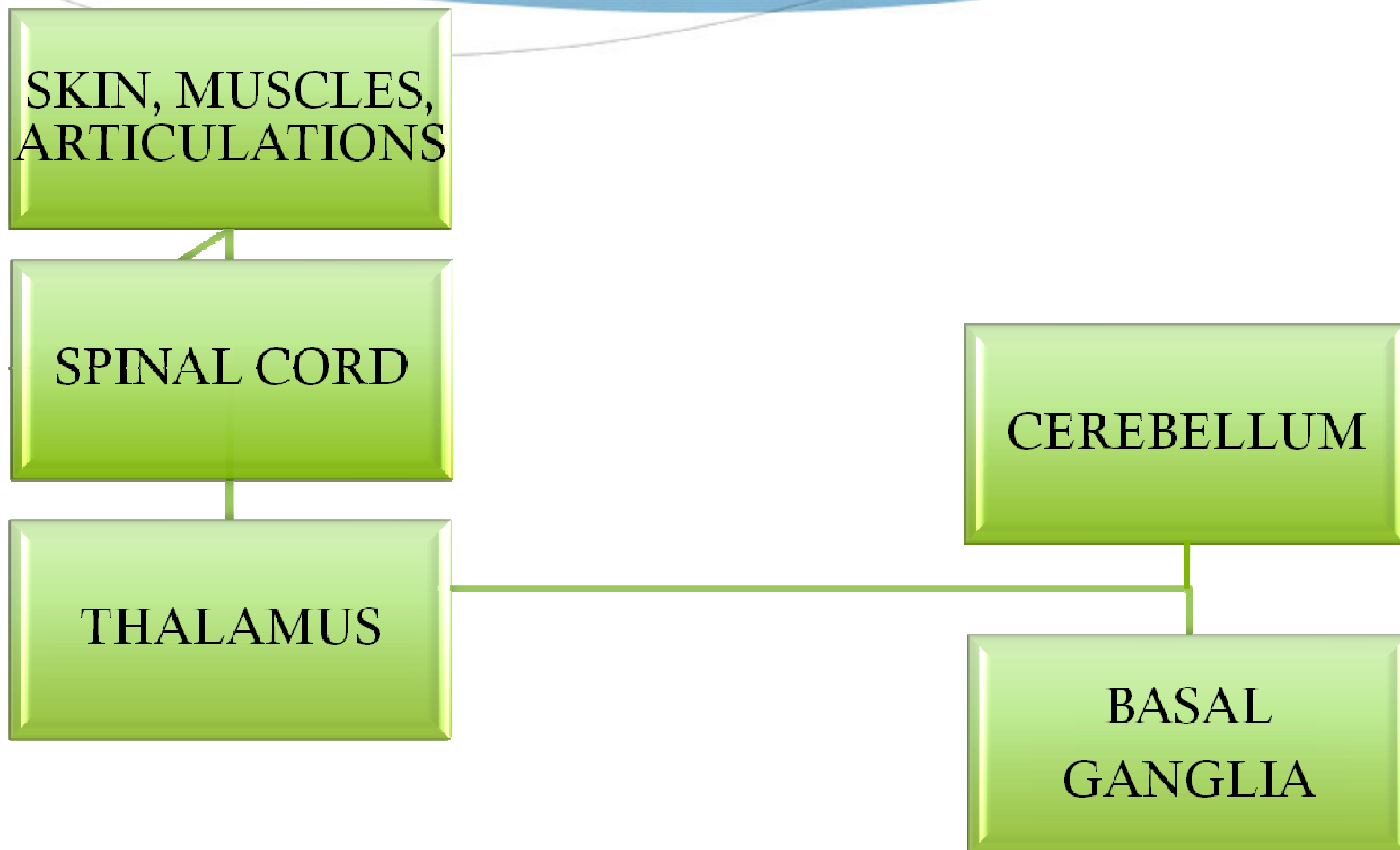


RELATIONS BETWEEN BODY INFORMATION AND MOVEMENT CONTROL

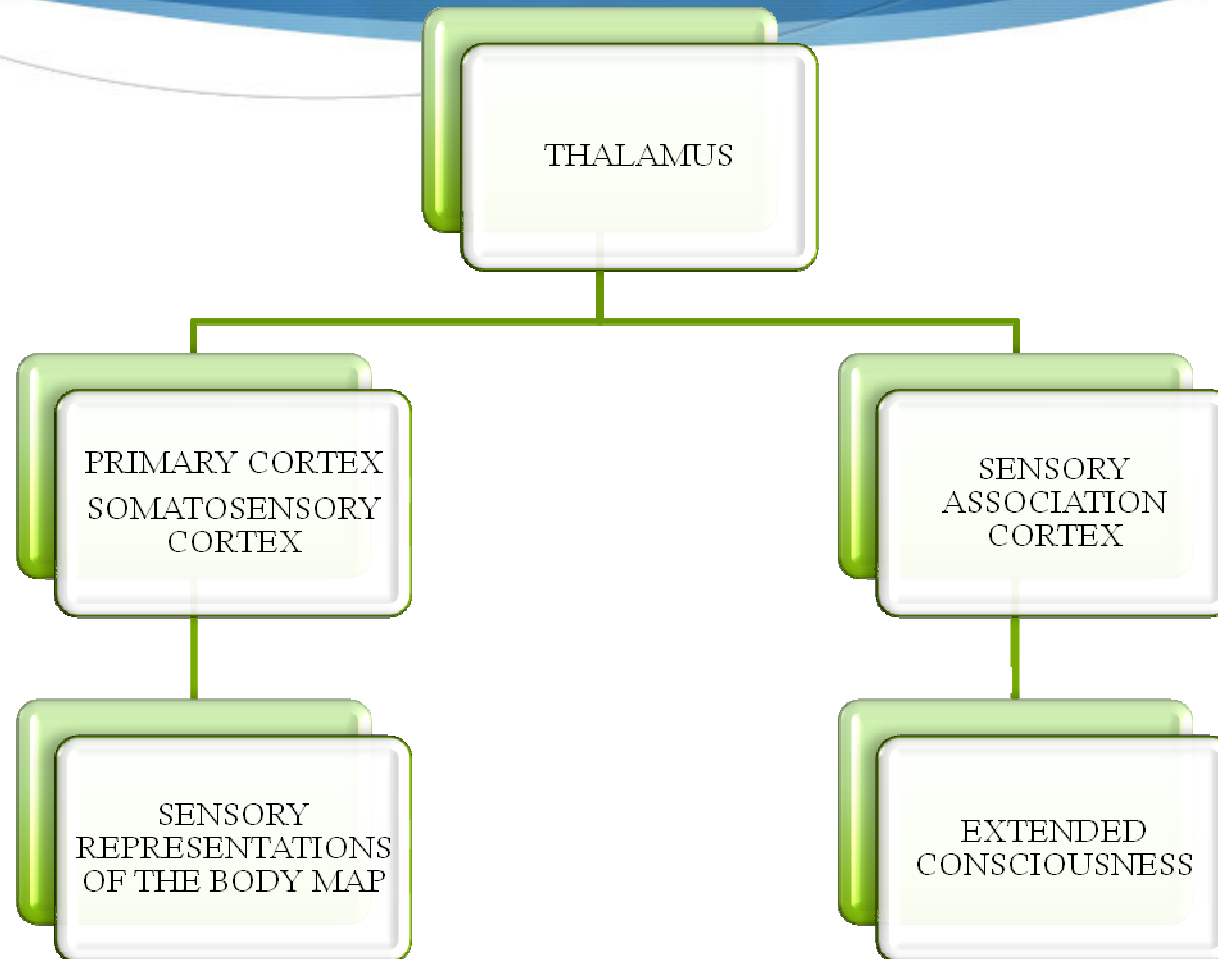
- ◆ EVERY MOVEMENT CAN BE CONTROLLED ON THREE LEVELS WHICH COMPLEMENT ONE ANOTHER.
- ◆ A: MYOTATIC REFLEX
- ◆ B: AUTOMATIC (BY THE CEREBELLUM AND BASAL GANGLIA)
- ◆ C: VOLUNTARY (BY THE MOTOR CORTEX)

ALL LEVELS OF CONTROL REQUIRE SOME FEEDBACK INFORMATION TO OPTIMIZE THE COMMANDS

THE PATH OF INFORMATION ON A SUBCONSCIOUS LEVEL



THE PATH OF INFORMATION ON A CONSCIOUS LEVEL



THE CONSCIOUSNESS OF THE BODY MAP

- ◆ MENTAL REPRESENTATION OF OUR OWN BODY (HOMUNCULUS) PRIMARY CORTEX,
- ◆ GENERIC SENSE OF SELF
- ◆ HIPS AND SHOULDERS HAVE LITTLE SPACE IN OUR BODY MAP
- ◆ LET'S USE OUR HANDS TO INCREASE THE PERCEPTION AND THE CONSCIOUSNESS OF YOUR HIPS AND SHOULDERS



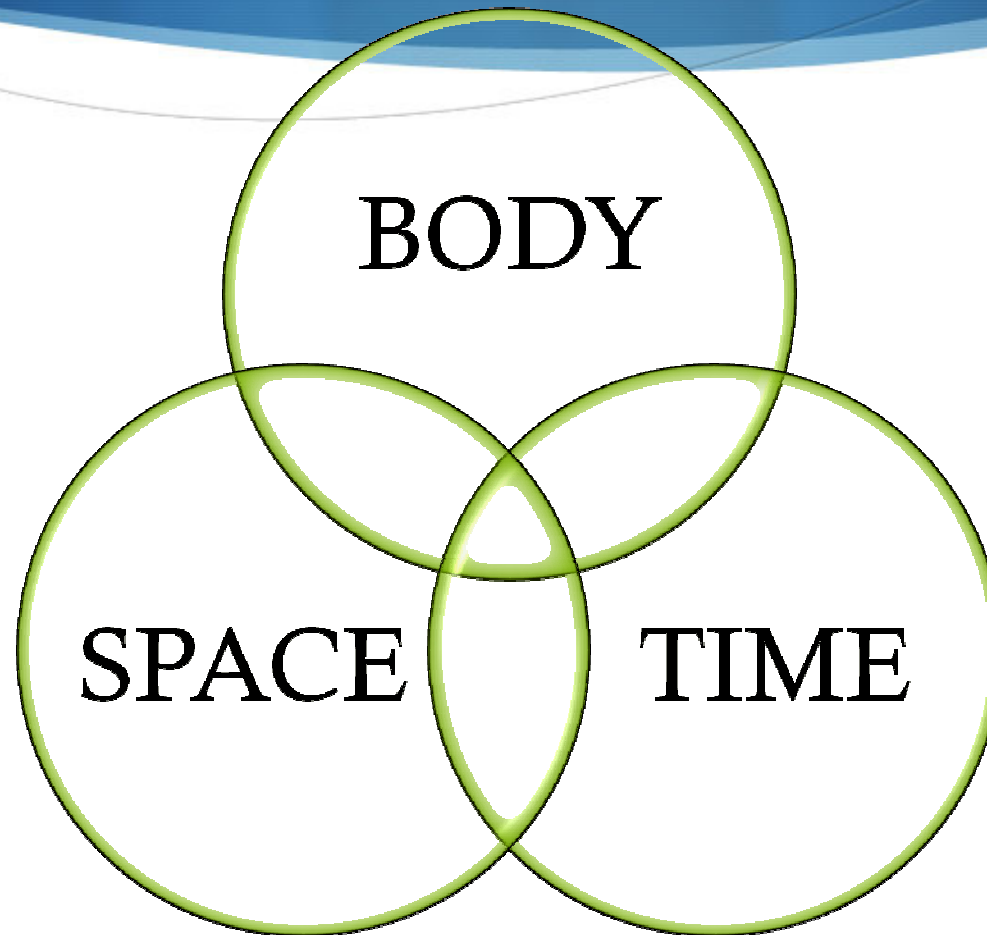
EXTENDED CONSCIOUSNESS

- ◆ SENSORY ASSOCIATION AREA OF THE CORTEX
- ◆ ATTRIBUTION OF MEANING TO CORPOREAL INFORMATION TO CONTROL AND MODIFY THE MOVEMENT SCHEMES
- ◆ CONSCIOUSNESS OF THE LIVED PAST TO LIVE THE PRESENT AND PLAN THE FUTURE

HOW CAN WE OBTAIN AN AWARE LEARNING

- ◆ LET'S STIMULATE THE AWARENESS OF THE PROPRIOCEPTIVE INFORMATION
- ◆ LET'S MAKE "OPEN" QUESTIONS TO THE TRAINEES
- ◆ LET'S LISTEN AT THEIR ANSWERS
- ◆ LET'S START FROM THAT ANSWER TO PLAN A NEW GAME

WHAT TO FOCUS ON AWARENESS DEVELOPMENT



OUR BODY

- ◆ WHAT MOVEMENTS ARE WE REALLY PERFORMING (DIFFERENCE BETWEEN PLANNED AND ACTUAL)?
- ◆ PRESSURE-LOAD?
- ◆ MUSCULAR TENSIONS (USEFUL\USELESS)?
- ◆ POSTURE (UNCONSCIOUS STANCE)?

SPACE

- ◆ SIZE OF OUR MOVEMENTS
- ◆ DIRECTION OF OUR MOVEMENTS
- ◆ ATTENTION TO THE OUTSIDE ENVIRONMENT (SLOPE STEEPNESS)
- ◆ ATTENTION TO THE MANAGEMENT OF THE WIDTH – DEPTH OF OUR TURNS

TIME

- ◆ HOW LONG DOES OUR MOVEMENT LAST
- ◆ WHAT IS THE ACTUAL SEQUENCE OF OUR MOVEMENTS

SOME DIDACTIC ADVICE

- ◆ TRY STANDING, EVEN WITHOUT SKIS
- ◆ START FROM STILL, AT A VERY SLOW SPEED, ON AN EASY AND NOT CROUDED SLOPE
- ◆ DO IT FOR A VERY INTENSE, BUT SHORT TIME
- ◆ USE EASY WORDS, USE VISUAL COMUNICATION

FOLLOWING PRACTICE IN THE FIELD

- ◆ The practice will try to focus on involving the presents, making them aware of their movements and their significance
- ◆ This activity is really “brain exhausting”
- ◆ It will be the instructor’s job to understand the moment to vary and change objectives, in order to avoid:
 - ◆ stressing the trainee
 - ◆ obtaining false/conditioned answers

PRACTISE TIPS # 1

- ◆ Perceive the position of the hips in respect to the feet and analyze the tension carried by the muscles of the thigh.
- ◆ Use your hands on the hips become conscious of its actual movements.
- ◆ What are your favorite “sensors” to reach centered balance?
- ◆ What muscles do you use to keep/search centered balance?
- ◆ Reduce the useless muscular tensions, for example using your respiration and finding an economic balance.
- ◆ What happens if you keep your arms forward or back?

PRACTISE TIPS # 2

- ◆ Feel and copy with your hands the slope during the flat and steep parts of your turns.
- ◆ Use the lateral movements of your body/hips to try feeling the grip of your ski edges.
- ◆ Try to avoid sliding using the adductors (internal muscles) and the abductors (external muscles) of the thigh.
- ◆ Feel the movements of the hips on a transversal plane, do it at the beginning of the curve towards the new trajectory.

PRACTISE TIPS # 3

- ◆ Feel the aid from the rotation/impulse of the hips in favor of the new curve direction and what happens if you rotate your hips in the other direction.
- ◆ As you are moving your body before and in the new direction, where will you touch the ground with your pole?
- ◆ And when? Before or after the usual timing?

THESE PROPOSALS WILL BE OUR TASK IN THE FIELD

**SEE YOU IN ½ HOUR AT THE KINDLISFELDLIFT AT
THE RIGHT OF THE DEMO STADIUM**

GOOD WORK....



**EXPERIMENT
AND HAVE FUN
WITH YOUR PUPILS!**