


# THEBASICS

6 Basic Pole Position exercises  
and drills for instructor use.





Let your own imagination dictate where your training is heading.  
Pelle Stenbäck, Founder of Pole Position Sports

## **EASY TO USE- EASY TO UNDERSTAND**

Good training sessions should be fun and make sense. Pole Position gives you both - with immediate feedback.

This information folder features introductory and advanced drills and exercises focusing on balance, ultimate body position, and in-motion awareness.

Many instructors incorporate these drills as part of their existing coursework. Others choose to offer entire classes where Pole Position is the focal point of each aspect of the training.

If you have any questions do not hesitate to drop us an email. Thanks.



## **FIRST LESSON: UNDERSTAND YOUR SELF.**

Understanding yourself and knowing how your body works is the key to become better in any sport. Skiing is not an exception - therefore it's important that your mindset is open for reaction and change.

First - attach Pole Position to the poles and ski down the slope as you normally would. Extend your arms in front of you and apply tension to the Pole Position. Notice the difference in improved posture and enhanced balance.



## NR1. POLE PLANT POSITION

Lower the Pole Position to about 15 cm (6") below the handles and extend your arms. As you ski, aim at planting the poles near the tip of the skis to achieve correct pole plant position.





## NR2. PROPER SKI POSITION

Place the Pole Position behind your back and extend your arms slightly in front of your hips and apply tension to your lower back with the strap.

While making consecutive turns, pay close attention to how the Pole Position now supports your body's position and optimizes your posture for better skiing.





### NR3. BOOT PRESSURE

Slide down the Pole Position to the lower quarter of your poles and position it behind your knees. Extend your arms. This drill will apply more pressure to the front of your boots and help optimize your arm position.





#### **NR4. TERRAIN AWARENESS**

Flip your poles upside-down and extend them in front of you. Make consecutive turns while keeping a steady focus on the Pole Position. Now lower your poles and lower your focus as you continue to ski. Notice how your awareness of the terrain fades as you lower the poles and your focus. This is an excellent exercise for terrain awareness.

## NR5. HAND-EYE COORDINATION

Flip your right pole upside-down. Focus on keeping your balance and pay attention to the fall line. Initiate a LEFT turn. As you begin to turn, flip both poles vertically and repeat for a RIGHT turn. Keep the inverse relationship of the poles as you continue to make medium turns.





## NR6. STABILITY

Grab the Pole Position just inside of the handles and let the poles hang loose and vertical. Alternate short and long turns while trying to keep the poles from swinging or touching each other. Good exercise for stabilizing your upper body.



More exercise and other useful stuff at

**SKIPOLEPOSITION.COM**

