The following videos and exercises are recommended by Coach Noeker:

1. Mikaela Shiffrin: Why you drill.

 <https://www.youtube.com/watch?v=96VN_Brmnz0>

1. Mikaela Shiffrin: “Get over it” drill

<https://www.youtube.com/watch?v=Bh7KF49GzOc>

1. Josh Foster: “Early edge grip”

<https://www.youtube.com/watch?v=Uv2YycgqGwQ>

Coach Noeker’s comments: With videos 2 and 3 (above) the object would be to use your poles to stabilize yourself in front of a mirror or reflective surface. Both drills call for moving to the uphill ski while on the downhill edge. Then balancing on the uphill ski while moving it to the new downhill edge. That is to say: step up to the new ski, uphill edge, then roll that ski to the new (downhill ) edge and ride it through the turn. This requires both balance and proper angulation through the movement. This is the same as the Josh Foster video of show the ski bottom up the hill. Watch the video until you understand it, 20 times, and until you can explain it! 20 more times. Then using your poles to stabilize, make the moves in the mirror.

1. Mikaela Shiffrin: Bosu ball squat exercise

<https://www.youtube.com/watch?v=5TK78g-xXHs>

1. Ski prep with bosu ball:

<https://www.youtube.com/watch?v=vUtojsRA9nk>

1. How to use the SkiA trainer:

<https://www.youtube.com/watch?v=wAVhaUyUJPA>

Coach Noeker’s comments: You can substitute balance sticks or a piece of 1” x 1.5” wood for the Sweetspot trainer. The object is to balance throughout the range of motion and duration of the exercises. You may also substitute balance sticks for the bosu ball, and it is OK to use your ski poles when learning the exercises.

1. Ski Fit exercises:

<https://www.youtube.com/watch?v=RdNy3FTgoyc>