

Trick Skiing: Getting Started

By Matt Rini

The key to getting started in the trick event is learning to get comfortable on the ski. There are certain skills that, once developed, will make learning tricks much easier and more fun. Be sure to start on the right size ski, always go too big rather than a little small. The more surface area the ski provides the easier it will be to learn the stance and balance.



The skills most important for a new Trick Skier to develop are balance, agility, coordination, and speed. If these skills are developed at an early stage, tricks will be easier to learn and will be more adaptable to different runs. These skills can be developed through fun exercises combining edging, popping, learning to jump the wakes and changing direction quickly. I play a speed edging game with beginners where I point one direction and they edge that way until I point the other direction. Obviously I'm trying to make them slip out and fall. This game can be played in the toehold position as well. It is important to combine drills and exercises with learning tricks. Use these exercises as a warm up at the beginning of each set. Be sure a skier can ski around in every position and is comfortable sideways, backwards (looking at and away from the boat) and of course forward. The more a skier can develop their balance in every position, the quicker progression will come. Once a skier advances, be sure to learn the basic tricks in all directions. Learn 180's full and half wrap, learn 360's ff and bb, learn wake 180's full and half wrap and learn wake 360's ff and bb. I have found that building this kind of foundation will allow for a much faster and more consistent progression.