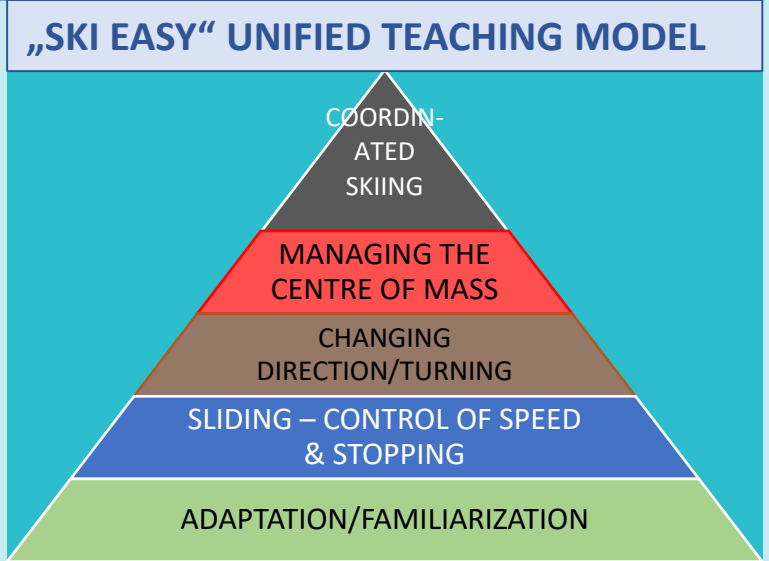
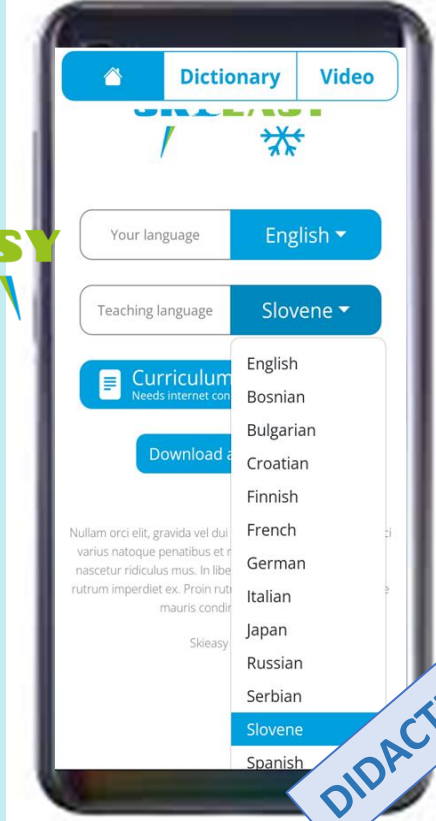


Educational, Accessible, Simple, Youthful Approach to Skills Acquisition in Skiing – SKI EASY

Erasmus+ Sport, Collaborative Partnerships
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Duration: 1. 1. 2021–31. 12. 2023



- ADAPTATIONS on the CONCEPT and APPROACH
- NEW NEEDS by keeping the BASICS IN MIND
- HOLISTIC and LEARNER-CENTRED APPROACH
- MOTOR SKILLS TRIGGERS vs SKI TURN TYPES
- SIMPLE and FRIENDLY – SKI EASY
- MODERN DIDACTIC TOOLS



MOBAPP available on:
<https://skieasy.eu/app/>
Password: interski23

DIDACTIC TOOLS



Database

- BIOMECHANICS – Reference data base (PDF)
- PHYSIOLOGY – Reference data base (PDF)



<https://www.skieasy.eu>



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