

INLINE SKATES TRAINING AND SKI BOOT CANTING INCREASES BALANCE STABILITY IN ALPINE SKIING

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Inline skating, simulates the mechanics of alpine skiing, strengthening the same muscle groups used for turning and edge control and it increases especially edging skills and coordination. It improves ankle sensitivity and control, allowing skiers to develop a better feeling for carving, especially when using hard-shell skates. The usage of the special inline skates for off show alpine skiing training as SKIROAD, and other off-snow training wheel models (KICKBOARD demo model with two wells) which are constructed to be used with the personal ski boots of the skier are presented in this article. All of them are design to force the training of the lateral movement required for turning and allows for the "outside leg" dominance necessary for controlling speed and direction. At the same time the ski boot canting (or cuff alignment) involves adjusting the angle of the boot cuff relative to the sole, ensuring the skis sit flat on the snow in a neutral stance. It aligns the hips, knees, and ankles, preventing "knock-kneed" (valgus) or "bow-legged" (varus) stances that cause involuntary steering or edge catching. Medial canting (wedging the inside of the boot) significantly improves balance, particularly on single-leg tests, by reducing the effort required to keep the skis flat and creates a more stable platform. The positive effects of inline skating and ski boot canting on better balance, stronger turn initiation, and better center-of-mass control, are analyzed in this article.