



## Key Components of a Movement Analysis Model: MODDS

*The model offered here demonstrates a method of movement analysis that is functional and appropriate for our sport. This model addresses the following components: the skier's **M**otivation (or goal), **O**bserving the skier, **D**escribing what you observe, **D**etermining cause and effect, and **S**uggesting a prescription for change.*

- **“M”** Identify the skier’s goal/MOTIVATION.

Understand emotional/motivational/physical and cognitive goals of the student and use these as a filter for understanding the physical movements that you see.

- **“O”** OBSERVE: physically watching the skier.

Observe the skier in a situation that provides the best possible opportunity for the skier to show what they are working on, and for you to observe what the skier is doing. Safety should remain your primary focus. If time allows, observe the skier from more than one viewpoint.

- **“D”** DESCRIBE: Objective description of what you observed.

Know and use your movement analysis model to describe the skiing that you see. Utilize quantitative, objective terminology (DIRT) to describe the skiing in precise technical terms. Challenge yourself to also describe your observations in common terms that the student can understand. Note: providing feedback is different than describing your movement analysis.

- **“D”** DETERMINE cause and effect relationships.

Describe the cause and effect relationships between the body movements and ski performance you observed. If more than one cause and effect relationship is identified, prioritize your findings. Understand your personal system for prioritizing movements. Does this system account for the skier’s goal in this series of turns?

- **“S”** SUGGEST a prescription for change.

Based on your findings, develop a clear and relevant prescription for change that relates to the skier’s goal.

Remember: **“MODDS”**