

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Angled Gate Drill	<b>DATE:</b> October, 2009 (update)
<b>FUNDAMENTAL SKI SKILL:</b>	Pole Plant (Gate Blocking)	
<b>GOAL:</b>	The goal of this drill is to teach outside arm gate clear (blocking) with pole plant follow through. Angled gates keep skier from over reaching when first learning to clear (block) gates.	
<b>EQUIPMENT REQUIRED:</b>	Coach Needs: 20 Slalom poles, drill, wrench, dye (optional) and video Athlete Needs: SL skis and protection	
<b>SETUP:</b>	<b>Coaching Points</b>	<b>Evaluation</b>
<ul style="list-style-type: none"> <li>Groomed moderate pitch – limited to no terrain.</li> <li>Slalom poles are set angled into the athlete's path:             <ul style="list-style-type: none"> <li>30-60 degrees to snow surface level – set in stages from greatest angle to vertical.</li> <li>90 degrees to skiers track (important to maintain).</li> <li>Angle is appropriate for the height of the skiers.</li> <li>Poles may require frequent maintenance to maintain drill integrity.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Skier strikes the pole at approximately shoulder height without reaching across the centerline of the body.</li> <li>Upper body is quiet – well balanced, both arms extended in front with minimal or no excessive movements to clear the gate.</li> <li>Hand or ski pole should strike at the optimal point on the slalom pole (higher up for better leverage).</li> <li>The angled poles make it easier for the younger skiers to strike the gate appropriately, developing a feeling, timing, and confidence.</li> </ul>	<p><b>The skier should demonstrate:</b></p> <ul style="list-style-type: none"> <li>Gate clearing with no excessive body or arm movements.</li> <li>Gate clearing with no change in turn shape or ski performance.</li> <li>Quiet upper body, looking beyond the pole to the next gate.</li> <li>Shin clearing as well, in sync with hand clearing.</li> <li>The same gate clearing skill when the pole is straight up (normal set).</li> </ul>
<b>Progressions</b>		
<ol style="list-style-type: none"> <li>Move gates to more and more upright (vertical) positions.</li> <li>Set on more challenging terrain, harder snow surfaces, rolling terrain, and fall-aways.</li> <li>Set a "final form" or normal slalom gate.</li> </ol>		