

USSA SKIING DRILL PLAN



DRILL NAME:	Angulation Drill	DATE: October, 2009 (update)
FUNDAMENTAL SKILL:	Carving Turns/Transitions	
GOAL:	The goal of this drill is to teach the athlete the proper body movements required for lateral balance and increasing edge angulation through the turn. This is an "exaggeration" drill.	
EQUIPMENT REQUIRED:	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment, SL or GS skis	
SETUP:	COACHING POINTS:	EVALUATION:
<ul style="list-style-type: none"> • Beginner terrain working up to expert terrain as skill progresses. • No poles 	<ul style="list-style-type: none"> • Initiation Phase- As the skier is tipping the skis up on edge, the outside hand moves to the outside hip and the inside hand begins to move up. • Turning Phase – Inside hand reaches high over the head to pull the inside hip up, skier should feel the stretch along the torso. The skier keeps pushing outside hand onto the outside hip laterally. • Completion Phase - Skier releases engaged edge and prepares to alternate hands at the crossover point. Inside hand moves down from overhead position. • Crossover point: Skier is alternating hands while shifting weight from outside ski to new outside ski. • Hand shifts are done slowly, in rhythm with the turn phases – reaching highest in the turning phase, pushing in slightly on the outside hip with the downhill hand. • Caution: look for too quick a hand change, hips in too early and back (hips angulate matching increasing forces). Emphasize squarer stance vs. too much counter rotation, and maintain ankle flexion throughout. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Control of inside of hip to maintain lateral balance at a high edge angle. • Angulation of ankle, knee & hip to create edge angle while maintaining balance. • The ability to keep inside hand in established position in the turning phase – "feeling the stretch" • Smooth and rhythmical carved parallel turns at consistent speed and radii. • Change of hands that correspond to change in hip at the crossover point; smooth change, not quick or jerky • Looking ahead
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Carve medium radius parallel turns lifting inside ski from cross-over point to cross-over point 2. Slalom to GS skis and maintain carved turns of medium radius. 3. Increase difficulty of terrain, speed and snow conditions i.e. groomed, crud, etc 4. Use brushes or stubbies as a guide, to establish turn radius, speed control, and timing of hand/edge change. 		

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