

USSA SKIING DRILL PLAN



DRILL NAME:	Athletic Stance	DATE: October, 2009 (update)
FUNDAMENTAL AREA:	SKI Basic Skiing	
GOAL:	The goal of this drill is to teach the Athletic Stance.	
EQUIPMENT REQUIRED:	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment	
SETUP:	COACHING POINTS:	EVALUATION:
Flat terrain where skier can comfortably stand in a stationary position without edging the skis	<ul style="list-style-type: none"> • Skier has a balanced and centered stance with parallel skis and weight evenly distributed over both skis. • Hips are facing (square) in the direction of the skis. • The skier has hands out comfortably in front of the body and is looking ahead in the direction of travel. • Skier has balance over the middle of the ski with flexion in the ankle, knees and hips. • The posture is upright with a curve in the back, with shoulders and head ahead of the knees • Looking ahead 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Balanced and centered stance with flexion in the ankles, knees and hips • Hips facing (square) in the direction of the skis • Weight evenly distributed on both skis • Hands in front of the body • Chest above the knees, shoulders and head slightly in front of the knees • Looking ahead.
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Straight run with weight evenly distributed on both feet on a gradual slope 2. Straight run lifting one ski on a gradual slope, alternating skis 3. High tuck Position 4. Low tuck Position 		