

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Basic Edging Drill	<b>DATE:</b> October, 2009 (update)
<b>FUNDAMENTAL SKI SKILL:</b>	Carving Turns and Transitions	
<b>GOAL:</b>	The goal of this drill to teach the athlete the proper use of ankles and knees to initiate and maintain a carving turn.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Free ski equipment, video      Athlete needs: free ski equipment	
<b>SETUP:</b>	<b>Coaching Points</b>	<b>Evaluation</b>
<ul style="list-style-type: none"> <li>Flat pitch with smooth groomed snow conditions.</li> <li>Begin with very slow speeds to develop the proper mechanics for a carved turn initiation – feeling the action of the ski.</li> </ul>	<p>Starting in a straight run, skier moves the ankles and knees forward and laterally to roll the ski on edge to initiate a carved turn, maintaining snow contact with a smooth balanced weight shift to the new outside (downhill) side.</p> <p><b>Initiation Phase:</b> Skier continues use of the ankles and knees while balancing over the new ski to carve the top of the turn.</p> <p><b>Turning Phase:</b> Because the speeds are slow, the ankles and knees are used to build edge angle for a shallow turn while maintaining a slight parallel position.</p> <p><b>Completion Phase:</b> Use the ankles and knees to decrease edge angle and release the edge while moving into the athletic stance (transition), anticipating the next turn.</p>	<p><b>The skier should demonstrate:</b></p> <ul style="list-style-type: none"> <li>Snow contact throughout the drill.</li> <li>A balanced weight change and edge engagement from the straight run to initiation.</li> <li>A clean carve in the initiation of the turn using a forward / lateral movement of the knees and ankles.</li> <li>Parallel skis.</li> <li>Looking ahead.</li> </ul>
<b>Progressions</b>		
<ol style="list-style-type: none"> <li>Be sure skier can do it <b>properly</b> at slow speeds before progressing to steps 2 &amp; 3 below</li> <li>Turn more across the fall-line (increase turn radius)</li> <li>Use steeper terrain to increase speed.</li> </ol>		