

USSA SKIING DRILL PLAN



DRILL NAME:	Carved Parallel Turns	DATE: October, 2009 (update)
FUNDAMENTAL SKI AREA:	Carving Turns/Transitions	
GOAL:	The goal of this drill is to teach the athlete carved parallel turns in all terrain and conditions.	
EQUIPMENT REQUIRED:	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment	
SETUP:	COACHING POINTS:	EVALUATION:
Groomed beginner to expert terrain.	<ul style="list-style-type: none"> • Initiation: Skier rolls skis on edge using ankles and knee rotation forward and in, applying pressure to tip of new outside ski to initiate tip carving through the skis' side-cut. The center-of-mass moves forward in the direction of travel. • Inclination during initiation – skier should not move inside the turn with the hip/upper body until the outside ski has been set on edge through ankle and knee angulation. Once pressure is established over the platform created by the engaged ski, the downhill leg extends forward along the platform to apply pressure to the ski/edge and to prepare to resist forces in the turning phase. • Turning: Athlete is in dynamic balance on engaged edge or edges, as lateral angulation increases. • Completion: Skier releases edge angle and moves weight to new (uphill) ski. Center-of-mass moves forward toward the crossover point. 	Skier should demonstrate: <ul style="list-style-type: none"> • Ankle flexion throughout • Control and balance while executing carved parallel turns. • Carved parallel turns with apex of the turn as close as possible to the fall-line. • Parallel position executed in carved parallel turns • Transitions with snow contact • Linked turns in which the uphill edge/edges turn over to the downhill edge/edges at the crossover. • Calm upper body • Looking ahead
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Carved parallel turns without poles, or poles in front 2. Add variables such as changing pitch, terrain, bumps, rolls etc. 3. Change snow conditions such as groomed, hard, ice, crud, etc. 4. Carved turns executed on one ski *this is an extremely difficult balance exercise 		