

USSA SKIING DRILL PLAN



DRILL NAME:	Carving Leapers	DATE: October, 2009 (update)
FUNDAMENTAL SKI SKILL:	Carving Turns and Transitions	
GOAL:	The goal of this drill is to teach the athlete re-centering and balance during the transition (crossover) while executing carved turns. This is an exaggeration drill.	
EQUIPMENT REQUIRED:	Coach needs: Free ski equipment, Video Athlete needs: Free ski equipment -- GS or SL skis.	
SETUP:	Coaching Points	Evaluation
<ul style="list-style-type: none"> Groomed beginner to intermediate terrain. 	<ul style="list-style-type: none"> During the completion phase, just before the crossover point between turns, the skier jumps from one set of carving edges and lands on the new set of carving edges. Skier performs a series of carved turns without snow contact at the crossover point. The skis are not re-directed in the air, instead edge change is done. The hips (C-of-M) are moving forward and into the new parallel position during the transition jump (the re-centering move). Skier has smooth, balanced jumping and landing movements (legs only). Hips (C-of-M) are aligned over the boots during the transition. Skier will land on edge in initiation phase. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> A parallel position at takeoff and landing. Re-centering of the center-of-mass. Both skis carving at takeoff and landing. Consistent turn shape and radius; controlled speed. Jumping movements with the legs only; upper body quiet, hands forward. Jump takeoff during completion phase with skis still on edge. Looking ahead.
Progressions		
<ol style="list-style-type: none"> Move from beginner terrain to moderate and steeper terrain. The jumps become more subtle and efficient with practice, timing improves. Vary turn radius and increase speed. Move from groomed to un-groomed conditions. 		