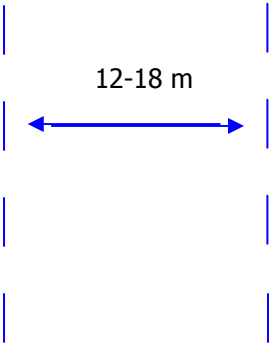


USSA SKIING DRILL PLAN



DRILL NAME:	Corridor	DATE: October, 2009 (update)
FUNDAMENTAL SKI AREA:	Carving Turns/Transitions	
GOAL:	The goal of this drill is to teach the athlete the importance of snow contact, speed control through consistent turn shapes, and the position of the center-of-mass in transition to achieve linked carved turns.	
EQUIPMENT REQUIRED:	Coach needs: Drill and around 20 bamboo, gates, or brushes Athlete needs: Free skiing equipment, SL & GS skis	
SETUP:	COACHING POINTS:	EVALUATION:
<p>Parallel lines of gates set approx. 12-18 meters apart. Groomed beginner to intermediate terrain.</p> 	<ul style="list-style-type: none"> • Turn shape (radii) matches dimensions of the corridor for consistent, rhythmical turns from side to side. Apex should be at the edges of the corridor. • Initiation: The skier carves into the fall-line. The movement is forward the direction of the skis to ensure the ski tip is engaging. • Turning: Skier is balanced on carving ski/skis. • Completion: The skier is releasing the edge by moving from the parallel position toward an athletic stance. Skier maintains ankle flexion as the edge is released and weight moves to new (uphill) ski. • Crossover Point: The skier continues to maintain appropriate ankle flexion. Skier passes through the athletic stance in a balanced fore/aft position with weight established on new (uphill) ski. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Snow contact throughout turn, particularly in transition • Balanced, symmetrical carved parallel turns of consistent radii (defined by corridor dimensions) • Appropriate ankle flexion and use of knees to roll skis over in transition • Skis tracking on the same path through the transition • Looking ahead
PROGRESSIONS:	<ol style="list-style-type: none"> 1. Carving turns of medium radius on Giant Slalom skis (change width of corridor for variety – for SL turn radius, etc.) 2. Carving turns of medium radius with boot buckles loose (snow contact, ankle flexion for balance) 3. Increase snow hardness, variability, etc. 4. Variable terrain 5. Execute with less emphasis on parallel position, moving towards a squarer stance (depending on slope pitch) 	