

USSA SKIING DRILL PLAN



DRILL NAME:	Diamond Hitch Drill	DATE: October, 2009 (update)
FUNDAMENTAL SKI SKILL:	Pole Plant (Gate Blocking)	
GOAL:	The goal of this drill is to teach the athlete outside arm gate blocking, one arm at a time with a pole plant.	
EQUIPMENT REQUIRED:	Coach needs: Ski equipment, video, drill, wrench, stubbies or brushes, SL gates	Athlete needs: SL skis and protection
SETUP:	Coaching Points	Evaluation
<ul style="list-style-type: none"> Groomed flat to moderate terrain. Slalom poles are set equidistant across and down the hill. Brushes or stubbies are set equidistant between the SL poles, also in a straight line. <p>(See diagram on next page)</p>	<ul style="list-style-type: none"> Skier takes several turns on blue course, focusing on right arm block, several turns on the red course, focusing on left arm block. Athlete blocks out in front of chest with firm outside extended arm and wrist flexed at approximately shoulder height. Inside arm is also extended forward. Athlete executes an outside right hand gate clear followed by a pole plant in the transition. Athlete is in parallel position throughout turning phase, avoiding over reaching (too much rotation) with right pole to block. In the transition the new outside pole moves forward and old downhill pole is planted. (block plant – block plant) Inside arm remains forward and elevated through turning phase. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> Blocking arm does not reach beyond mid-point of body (which would cause rotation in shoulders and hips away from parallel position). Blocking arm is firm and does not move to “punch” at the gate; skier skis through gate with no added arm movement. After gate is blocked, outside arm with proper timing proceeds to plant the pole during the transition phase. Inside arm remains elevated through turning phase.
Progressions		
<ol style="list-style-type: none"> Switch to other side of drill, so focus is on the other arm. Alternate inside arm clear with outside arm block. Change stubbie/brush to long pole. 		

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