

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Double Pole Plant	<b>DATE:</b> October, 2009 (update)
<b>FUNDAMENTAL SKI AREA:</b>	Pole Plant	
<b>GOAL:</b>	The goal of this drill is to teach the athlete how to use a coordinated double pole plant while performing SL or GS turns.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment, SL or GS skis	
<b>SETUP:</b>	<b>COACHING POINTS</b>	<b>EVALUATION</b>
Beginner terrain working up to expert terrain as skill progresses.	<ul style="list-style-type: none"> <li>• Skier is making parallel turns with a double pole plant at the crossover point.</li> <li>• Completion phase - The skier is releasing the edge as the both poles are swinging toward the front of the skis, mainly through a cocking of the wrists, arms are already in front.</li> <li>• Crossover point - The skier is changing edges as the poles are planted.</li> <li>• Initiation phase - The skier releases the double pole plant by both hands passing forward and over the tips of the poles, remaining forward for SL gate blocking, or to help maintain a dynamic balanced position.</li> </ul>	The skier should demonstrate: <ul style="list-style-type: none"> <li>• Proper pole plant mechanics</li> <li>• Proper timing of the double pole plant with parallel turns (at the crossover point)</li> <li>• Smooth rhythmical movements</li> <li>• Balanced parallel turns in the fall-line</li> <li>• Looking ahead</li> </ul>
<b>PROGRESSIONS:</b>		
<ol style="list-style-type: none"> <li>1. Increase slope pitch while executing parallel turns of consistent radii.</li> <li>2. Vary slalom turn radii in all training conditions</li> <li>3. Vary GS radii in all training conditions</li> </ol>		