

USSA SKIING DRILL PLAN



DRILL NAME:	Edging Drill	DATE: October, 2009 (update)
FUNDAMENTAL SKI AREA:	Carving Turns/Transitions	
GOAL:	The goal of this drill is to teach the athlete to roll the skis on edge properly and tighten the radius of a carved turn.	
EQUIPMENT REQUIRED:	Coach needs: Drill, wrench, GS gates or brushes/stubbies Athlete needs: GS racing gear (Helmet, GS suit, protection, GS skis, poles, etc.)	
SETUP:	COACHING POINTS:	EVALUATION:
<p>Set a 15 gate GS course that is relatively straight and allows for the weakest skier to carve through the course. Subsequent runs move the gates out (1m) to make the course progressively more difficult to carve. Important to start on beginner terrain, working up to intermediate terrain only as skill progresses. At some point, everyone will not make the course.</p>	<ul style="list-style-type: none"> Initiation Phase - Skier is rolling the skis up on edge with the ankles and knees while maintaining dynamic balance. (<i>Athlete experiments with forward movement to engage tip and tighten radius.</i>) Turning phase - Skier is maintaining dynamic balance on an engaged edge/edges. (<i>Athlete experiments with methods to tighten radius i.e. Increase pressure by concentrating on 1 ski, increasing pressure on tip, greater angulation, etc.</i>) Completion Phase – The skier is releasing the edge by decreasing edge angle and moving weight to new (uphill) ski. Crossover point: Center-of-mass continues to move forward in the direction of the skis. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> Smooth and rhythmical carved parallel turns throughout drill Snow contact throughout drill Ability to execute subtle edging movements at first, leading to more aggressive edging movements as turn radius tightens. The ability to increase pressure between the ski and the snow to tighten turn radii. A balanced fore/aft transition, with C-of-M moving forward and ankle flexion throughout. Looking ahead.
PROGRESSIONS:		
<ol style="list-style-type: none"> Gradually increase gate offset a single panel width (i.e. 1 m) at a time. Change snow conditions (i.e. hardness, smooth to deteriorated, etc.) Increase slope pitch 		