

USSA SKIING DRILL PLAN



DRILL NAME:	Free Ski Carved Parallel Turns (Progression)	DATE: October, 2009 (update)
FUNDAMENTAL SKI SKILL:	Carving Turns and Transitions	
GOAL:	The goal of this drill to teach the athlete to perform linked carved parallel turns with rhythm, balance and control.	
EQUIPMENT REQUIRED:	Coach needs: Free ski equipment, video Athlete needs: Free ski equipment	
SETUP:	Coaching Points	Evaluation
<ul style="list-style-type: none"> Beginner to expert terrain on a groomed surface. 	<p>Initiation Phase: The new outside ski is pressured and rolled on edge by flexing and rolling the ankles / knees forward and in, moving the center of mass (C-of-M) forward, resulting in pressure to the new ski tip. Skier extends forward over the ski platform to increase pressure, carving into the fall-line. Skier moves from athletic stance to parallel position.</p> <p>Turning Phase: Skier is in the parallel position while increasing lateral edge angle on a carving ski, adjusting angulation as necessary for lateral balance.</p> <p>Completion Phase: Skier decreases the edge angle and pressure by releasing the outside edge as the C-of-M continues to move forward toward the crossover point and over the new outside ski.</p> <p>Crossover Point: Skier's C-of-M is in a balanced fore/aft lateral athletic stance, with ankle flexion and weight over new outside ski.</p>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> Snow contact throughout the turn and in the transition. Balanced and rhythmical carved parallel turns. Linked turns that are characterized as arc to arc. Turns with a controlled speed and radius. Looking ahead.
Progressions		
<ol style="list-style-type: none"> Execute drill without poles with hands in front. Execute drill with hands crossed in front of the body. Execute the drill with hands on hips, changing to hands on knees. Execute all variations of the progression in more difficult terrain and snow conditions. 		