

USSA SKIING DRILL PLAN



DRILL NAME:	Free Ski Parallel Turns (Progression)	DATE: October, 2009 (update)
FUNDAMENTAL SKI SKILL:	Basic Skiing	
GOAL:	The goal of this drill is to teach the athlete to perform parallel turns with rhythm, balance and control. (Note: carving is not emphasized)	
EQUIPMENT REQUIRED:	Coach needs: Free ski equipment, video Athlete needs: Free ski equipment	
SETUP:	Coaching Points	Evaluation
Beginner to expert terrain with all snow conditions.	<p>Initiation Phase: Skier uses forward ankle and knee movements to develop the new edge angle and pressure through moving the center-of-mass forward from an athletic stance into a parallel position.</p> <p>Turning Phase: Skier is in the parallel position while increasing edge angle on the outside ski.</p> <p>Completion Phase: Skier decreases the edge angle and pressure by releasing the edge with the center-of-mass moving forward (to stay in fore/aft balance) toward the crossover point.</p> <p>Crossover Point: Skier is in a balanced fore/aft lateral athletic stance with pressure shifted to the new outside ski.</p>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Smooth, efficient pressure movements. • Rhythmical, controlled and balanced parallel turns with consistent speed and radii. • Proper pole plant mechanics and timing. • Ankle flexion. • Quiet upper body. • Looking ahead.
Progressions		
<ol style="list-style-type: none"> 1. Execute drill without poles with hands in front. 2. Execute drills with hands crossed in front. 3. Execute drill with hands on hips, execute with hands on knees. 4. Execute all variations of the progression in more difficult terrain and snow conditions. 		