

USSA SKIING DRILL PLAN



DRILL NAME:	Garland	DATE: October, 2009 (update)
FUNDAMENTAL SKI AREA:	Basic Skiing	
GOAL:	The goal of this drill is to reinforce the correct movement from a parallel position into an athletic stance and back to parallel position.	
EQUIPMENT REQUIRED:	Coach Needs: Free skiing equipment Athlete Needs: Free skiing equipment	
SETUP:	COACHING POINTS	EVALUATION
Groomed beginner-intermediate terrain	<ul style="list-style-type: none"> • Skier begins the drill in the parallel position with a traverse (straight line). • Skier moves center-of-mass forward and up, releasing the edges, moving the hips (body) into an athletic stance. • In the athletic stance, with flat skis, skier lets gravity (drift) take them down the hill (fall-line). • Skier, using the ankles and knees, rolls the skis on edge, re-establishing the edge angle with a smooth movement from the Athletic Stance to a Parallel Position, to again achieve a traverse (straight line). • This can be repeated if the slope is wide enough. • Caution: the skier should not steer the skis - let gravity do the work, the movements are smooth and subtle. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Ankle flexion throughout. • A traverse (straight line) in a Parallel Position • Edge release by squaring hips and moving forward and up into an athletic stance • Edge release that causes skier to <i>drift</i> into the direction of the fall-line, as opposed to actively turning. • Smooth edge release and engagement • Hands forward and looking ahead throughout the exercise.
PROGRESSIONS:	<ol style="list-style-type: none"> 1. Straight run into a traverse (performing a series of garlands) 2. Traverse to a parallel turn (beginner terrain) 3. Rhythmical parallel turns (beginner terrain) 4. Rhythmical parallel turns in all terrain and conditions – (poles or no poles) 	