

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Glide Track	<b>DATE:</b> October, 2009 (update)
<b>FUNDAMENTAL SKI AREA:</b>	Gliding	
<b>GOAL:</b>	The goal of this drill is to teach the athlete how to reduce drag through an understanding of the balance point on skis and the role of aerodynamics	
<b>EQUIPMENT REQUIRED:</b>	Coach Needs: Timer (with 2 light beams), approx 20 poles/brushes, drill, safe hill space Athlete needs: Speed gear (helmet, DH speed suit, SG/DH skis, aerodynamic poles, etc.)	
<b>SETUP:</b>	<b>COACHING POINTS:</b>	<b>EVALUATION:</b>
<p>Medium to a flat pitch. Gates are set up to mark the track for safety. All dangerous obstacles must be removed from the track, stopping zone, and surrounding area. The track should be smooth, in the fall-line and as consistent in pitch as possible between the 2 timing beams. Length should be at least 10-15 seconds at a speed of over 50 km/h at the first beam.</p> <p>The diagram shows a vertical dashed line labeled 'Start line' at the top. A horizontal blue line labeled 'Start Beam' is positioned below the start line. Another horizontal blue line labeled 'Finish Beam' is positioned further down. A small blue arrow points downwards from the 'Finish Beam' line.</p>	<ul style="list-style-type: none"> <li>• High Tuck – The skier’s stance is balanced with the weight in the middle of the skis. The hips / femurs are above the knees. The upper body assumes an aerodynamic position with a curved, rounded back and low shoulders.</li> <li>• Low Tuck – The hip is in a low position to improve aerodynamics without dropping below the knees. The upper body is aerodynamic as with the high tuck.</li> <li>• Aerodynamic profile is minimized by keeping hands in front of face or farther out, elbows in front of knees, shoulders down and parallel skis. Stance is shoulder width to enhance stability and for flat skis.</li> <li>• Athlete tries various tuck positions, with timing, to determine what is fastest. For accurate results, variables must be minimized: consistent snow condition, same start push, wind, etc.</li> </ul>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>• Consistent width of stance</li> <li>• Consistent &amp; parallel lower legs</li> <li>• Consistent pressure distribution i.e. snow contact laterally and fore-aft</li> <li>• Aerodynamic body position</li> <li>• The ability to experiment with a variety of high and low tuck positions</li> <li>• Looking ahead</li> </ul>
<b>PROGRESSIONS:</b>		
<ol style="list-style-type: none"> <li>1. High tuck</li> <li>2. Low tuck</li> <li>3. Find fastest fore/aft and lateral balance point on skis through timing feedback.</li> <li>4. Fine tuning of hand, arm, body positions etc.</li> </ol>		