

USSA SKIING DRILL PLAN



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| DRILL NAME : | One Ski Progression | DATE : October, 2009 (update) |
| FUNDAMENTAL SKI SKILL : | Basic Skiing | |
| GOAL : | The goal of this drill (progression) is to teach a balanced stance fore/aft and laterally on one ski through a one ski progression. Secondary goal, evaluate boot setup – fore/aft flex, lateral (cant) balance. | |
| EQUIPMENT REQUIRED : | Slalom or Giant Slalom skis, video | |
| SETUP: | Coaching Points | Evaluation |
| <ul style="list-style-type: none"> Groomed beginner to intermediate consistent terrain. Start with poles for balance and transition timing. Begin with short straight runs, slow speed <ul style="list-style-type: none"> Turns with poles Turns without poles Arms crossed over chest, hands on shoulders (no poles) Hands on hips (no poles) Hands behind back Hands on knee (with ski) Buckles loose | <ul style="list-style-type: none"> Start with easy terrain, slow speeds. Emphasize a balanced (fore/aft and lateral) stance on one ski. Emphasize ankle flexion, quiet upper body, looking ahead. Emphasize edge feel, rolling the ski on edge through forward tip pressure for turn initiation. Emphasize consistent turn radius, fluid skiing with rhythm. Stance should reflect normal stance, leg without ski should be quiet and match turning leg. | <p>The skier should demonstrate:</p> <ul style="list-style-type: none"> A balanced fore/aft, lateral comfortable stance on one ski. Ankle flexion throughout. Snow contact, quiet upper body. Consistent radius turns. Smooth transitions with rhythmical turns. Look for consistent turns or unbalanced positions on one ski – indicating possible alignment issues. |
| Progressions | | |
| <ol style="list-style-type: none"> Straight run into a traverse. Traverse into a parallel turn. Rhythmical turns of consistent turn shape – use a corridor or radius definition Vary terrain and snow conditions. | | |