

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Outrigger Drill	<b>DATE:</b> October, 2009 (update)
<b>FUNDAMENTAL SKI SKILL:</b>	Carving Turns and Transitions	
<b>GOAL:</b>	The goal of this drill to teach the athlete the proper upper body movements required to make balanced carved parallel turns. (Note: this is an exaggeration drill)	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Free ski equipment, video      Athlete needs: Free ski equipment	
<b>SETUP:</b>	Coaching Points	Evaluation
<ul style="list-style-type: none"> <li>Beginner to expert terrain on a groomed surface.</li> </ul>	<p><b>Crossover Point:</b> The poles and arms are extended out on both sides of the skier (as outriggers or wings of an airplane); both pole tips are touching the snow as the skier makes the edge and weight change. Keep pole tips even with or ahead of the boots for proper fore/aft balance (helps keep hips forward).</p> <p><b>Initiation Phase:</b> With the poles extended and pole tips touching the snow, the skier carves the initiation of the turn.</p> <p><b>Turning Phase:</b> As the skier increases the edge angle, the extended poles match the terrain, helping the upper body to maintain a parallel position (vs. too countered) and shoulders even with terrain (vs. leaning inside).</p> <p><b>Completion Phase:</b> The poles remain out to the side, ahead of the boots, as the skier decreases the edge angle and moves to the crossover point.</p> <p>Because drill can lead to hunched over skiing, have skiers try to feel tall while maintaining pole tip drag in front of boots to best feel the drill.</p>	<p><b>The skier should demonstrate:</b></p> <ul style="list-style-type: none"> <li>Linked, carved parallel turns.</li> <li>Ability to keep the poles out to the side of the body, ahead of the boots, while keeping the pole tips in touch with the snow.</li> <li>Balanced and rhythmical turns.</li> <li>Controlled and consistent radius of turns.</li> <li>Looking ahead.</li> </ul>
<b>Progressions</b>		
<ol style="list-style-type: none"> <li>Increase the difficulty of the pitch, skier's speed, and vary radius of turns.</li> <li>Increase the difficulty of the snow conditions.</li> <li>Execute drill in brush course.</li> </ol>		