

USSA SKIING DRILL PLAN



DRILL NAME:	Pole Plant Mechanics	DATE: October, 2009 (update)
FUNDAMENTAL SKI AREA:	Pole Plant	
GOAL:	The goal of this drill is to teach the athlete the mechanics of a pole plant (see single and double pole plant drills for additional information).	
EQUIPMENT REQUIRED:	Coach needs: Free ski equipment Athlete needs: Free ski equipment, SL or GS skis	
SETUP:	COACHING POINTS:	EVALUATION:
Beginner terrain with enough width in the slope to traverse.	<ul style="list-style-type: none"> The exercise is done in a traverse with as few or as many pole plant movements as can be executed properly. Preparation - The skier positions the pole tip to enter the snow out in front of the hand and by the ski tip. The arm and wrist are used without engaging and twisting the shoulders. Plant - The skier plants the pole by engaging the tip into the snow by cocking the wrist. Finish - The skier moves the hand forward as the tip of the pole is released from the snow in order to keep the hands in front of the body for balance. Timing: can be at finish of turn, but more often during the cross-over or transition from one turn to the next. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> The ability to maintain a quiet upper body. Both hands remain in front of the body. Pole is planted by the tip of the ski. A smooth movement through the preparation, plant and completion phases. Timing of the pole plant coincides with extension or retraction movements of the legs through the transition. Looking ahead.
PROGRESSIONS:		
<ol style="list-style-type: none"> Plant pole in conjunction with edge set in traverse. Execute proper mechanics in a slalom radius turn. Execute proper mechanics in a GS radius turn. Execute proper mechanics free skiing in all terrain and turn radii. 		