

USSA SKIING DRILL PLAN



DRILL NAME:	Rope Drill	DATE: October, 2009 (update)
FUNDAMENTAL SKI SKILL:	Basic Skiing	
GOAL:	The goal of this drill is to teach the athlete the parallel position with hips moving forward during transition (crossover) and during or at turn initiation	
EQUIPMENT REQUIRED:	Coach needs: Free ski equipment Athlete needs: Free ski equipment (no poles) rope 4-5 feet long with loops in both ends.	
SETUP:	Coaching Points	Evaluation
<ul style="list-style-type: none"> Groomed beginner to intermediate terrain Place middle of rope in front at waist height. Wrap rope around pelvis, front to back to front. Put thumbs through loops, adjust rope to equal lengths (with loops) standing in athletic stance, rope is taught in front. 	<ul style="list-style-type: none"> To start, athlete should stand in a balanced athletic stance, arms extended forward, rope taught. Athlete should be aware that pulling the inside lead hand will also pull the inside hip and leg into a parallel position. Athlete should also be aware that pulling both hands forward will move hips forward. Athlete should be aware that tight rope forward hand pressure keeps hands quiet and forward. Athlete should ski using the rope to align the body in a proper parallel position and assist the hips moving forward during the transition. Drill can be used to control too much counter too early in and throughout the turn. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> Balanced athletic stance at crossover. Appropriate parallel position controlled by the rope and hands throughout the turn. Hands quiet and forward. Hands helping to move hips forward starting at turn initiation. Looking ahead.
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, speeds, and snow conditions. 		