

USSA SKIING DRILL PLAN



DRILL NAME:	Shuffle Drill	DATE: October, 2009 (update)
FUNDAMENTAL SKI SKILL:	Basic Skiing	
GOAL:	The goal of this drill is to teach the athlete a balanced (centered) stance, fore and aft. (Note: this is an exaggeration drill – watch for leaning inside.)	
EQUIPMENT REQUIRED:	Coach needs: Free ski equipment Athlete needs: Free ski equipment	
SETUP:	Coaching Points	Evaluation
<ul style="list-style-type: none"> Groomed beginner to intermediate terrain 	<ul style="list-style-type: none"> Begin in a stationary position, shuffle the skis under the hips. Watch for consistent length of shuffle (fore/aft) with both legs equal in both directions. Begin shuffling feet/skis back and forth in the fall-line and through a single turn. At the end of the turn stop shuffling and ski through the transition. Consistent turn radii in both directions. Hips (C-of-M) should be centered (fore/aft & laterally) – between the shuffling skis. Too long or too short a shuffle will indicate fore/aft or lateral balance problems and unequal turns. Once the skier is comfortable with the timing, start the shuffle at the top of the turn, through the transition and into the next turn. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> Balance over feet, no leaning inside Symmetry in balance and initiation movements Independent leg movement Balanced / centered position of hips Consistent, equal shuffling movement Quiet, relaxed upper body with hands in front Looking ahead
Progressions		
<ol style="list-style-type: none"> 1. Traverse in both directions. 2. Alter turns with symmetry and changing radii. 3. Increase difficulty of terrain (pitch variations), speeds, and snow conditions. 		