

USSA SKIING DRILL PLAN



DRILL NAME:	Single Pole Plant	DATE: October, 2009 (update)
FUNDAMENTAL SKI AREA:	Pole Plant	
GOAL:	The goal of this drill is to teach the athlete how to use a coordinated pole plant while performing short and long radius turns (see also pole plant mechanics drill).	
EQUIPMENT REQUIRED:	Coach needs: Free ski equipment Athlete needs: Free ski equipment, SL or GS skis	
SETUP:	COACHING POINTS:	EVALUATION:
Beginner terrain working up to intermediate terrain as skill progresses.	<ul style="list-style-type: none"> • Completion phase - The skier is releasing the edge as the pole is swinging toward the front of the ski through a cocking of the wrist (both are always in front or to the side for balance, but never behind the C-of-M). • Crossover point - The skier is changing edges as the pole is planted near the ski tips. • Initiation phase - The planted pole hand goes over the top of the pole forward, skier keeps both hands forward going into the turn (ready for a gate block in SL – for example) • Variations: pole plant at finish of turn (SL turn completion on steeps). • Variations: pole plant to side – a tap on the snow, hands stay in same forward position (example for SL – 10-12m courses) • Variations: phantom pole plant – hand motion with no planting of the pole in the snow (GS at high speeds) 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Proper pole plant mechanics. • Proper timing of the single pole plant with parallel turns (at the completion phase or crossover point). • Hands/arms remain in front at all times. • Smooth rhythmical movements. • Balanced parallel turns in the fall-line. • Looking ahead
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Increase slope pitch while executing parallel turns of consistent radii. 2. Vary turn radius in all conditions and terrain. 3. GS radius turns in all conditions and terrain. 		