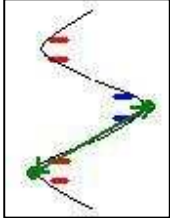


# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Turn Shape (often called the Apex drill)	<b>DATE:</b> October, 2009 (update)
<b>FUNDAMENTAL SKI AREA:</b>	Carving Turns/Transitions	
<b>GOAL:</b>	The goal of this drill is to teach the skier how to carve a turn in a specific place on the hill (in the fall-line).	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Drill, wrench, 30+- GS gates or brushes for 15+- gate set Athlete needs: Helmet, SL or GS skis, GS protection	
<b>SETUP:</b>	<b>COACHING POINTS:</b>	<b>EVALUATION:</b>
<ul style="list-style-type: none"> <li>• Beginner terrain working up to intermediate terrain as skill progresses</li> <li>• SL – 2 brushes or gates per turn set in fall-line 3-5m apart; 8-13m between turn apexes (green line)</li> <li>• GS – 2 brushes or gates per turn set in fall-line 4-8m apart, 22-30m between apexes</li> <li>• Off-set determines angle into turn shape (round is better), distance between gate pair corresponds to apex to apex distance</li> <li>• Adjust distances between gate pairs and apexes to be sure entry/exit angles are the same. Set consistent turns throughout so skiers only focus on turn shape in the fall-line.</li> </ul> 	<ul style="list-style-type: none"> <li>• Initiation - The skier initiates the turn close to the first gate (brush)</li> <li>• Turning – Apex is between 2 brushes/gates, skier executes one smooth, continuous arc (no double turns)</li> <li>• Completion – Turn shape should be finished at or shortly after the 2<sup>nd</sup> gate/brush, with no "hook" or extra edging after gate pair.</li> <li>• Crossover point / transition: should be between two apexes, skier pointing at top brush/gate of next turn</li> </ul>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>• A carved turn starting at the top brush/gate and ending at the bottom brush/gate</li> <li>• One smooth, consistent carved turn (no double turns)</li> <li>• The apex of the turn is equidistant between the gates.</li> <li>• Snow contact, balanced transition.</li> <li>• Looking ahead.</li> </ul>
<b>PROGRESSIONS:</b>		
<ol style="list-style-type: none"> <li>1. Carving turns of medium radius on SL / GS skis to achieve a carved turn in the course.</li> <li>2. Can be set for SL, GS, and SG (tuck or no tuck) carefully selecting appropriate terrain to control speed</li> <li>3. Increase slope pitch, vary distances down the hill and for the off-set (across fall-line)</li> <li>4. Use timing to verify faster turns in the fall-line.</li> </ol>		