

# USSA SKIING LESSON PLAN

EXAMPLE



<b>COACH:</b>		JOE FASTSKI	<b>DATE:</b>	SATURDAY, DEC. 15
<b>GROUP:</b>		J3	<b>LOCATION:</b>	RACER BASIN
<b>CAMP SKIING GOAL:</b>		LEARN THE FEEL FOR CARVING INTO THE FALL-LINE		
<b>SESSION SKIING GOALS:</b>		1. IMPROVE OUTSIDE SKI PRESSURE		
		2. ANKLE FLEXION THROUGH TRANSITION		
		3.		
<b>TIME:</b>	<b>SESSION:</b>	<b>DRILLS/COURSE DETAILS ETC.</b>		
	<b>WARM UP:</b>	SKATING WARM UP WITH FOCUS ON ANKLE FLEXION AND PUSHING OFF EDGED SKI. DYNAMIC STRETCHING ROUTINE AT BASE.		
	<b>DRILLS:</b>	SIDE SLIPS LIFTING UPHILL SKI - ADD EDGE SETS ANGULATION DRILL - PROGRESSING TO STEEPER TERRAIN, MAINTAIN ANKLE FLEX UP AND OVER DRILL BLEND INTO CARVED, PARALLEL TURNS. VIDEO.		
	<b>COURSE/GATES:</b>	GARLANDS WITH FOCUS ON ANKLES FLEXED GARLANDS LIFTING UPHILL SKI PROGRESSIVELY STEEPER HILL ONE SKI SKIING - MAINTAIN ANKLE FLEX		
	<b>CONCLUSION:</b>	VIDEO REVIEW: DARTFISH.TV EXAMPLES		
	<b>WEATHER PLAN (DRYLAND PLAN):</b>	WINTER MAINTENANCE PROGRAM - COOL DOWN, STRETCH, 15 MINUTES CORE.		
<b>COMMENTS/THINGS TO IMPROVE:</b>		-KEEP GROUP MOVING, MINIMAL TALK -INTERMIX FREE RUNS WITH DRILL RUNS - EACH SKIER GIVE INDIVIDUAL FOCUS RELATING TO SESSION GOALS -FINISH WITH TWO FREE RUNS, GS TURNS, EASY/MODERATE TERRAIN, EMPHASIZE FEEL		