

USSA SKIING LESSON PLAN



COACH:			DATE:	
GROUP:			LOCATION:	
CAMP SKIING GOAL:				
SESSION SKIING GOALS:		1.		
		2.		
		3.		
TIME:	SESSION:	DRILLS/COURSE DETAILS ETC.		
	WARM UP:			
	DRILLS:			
	COURSE/GATES:			
	CONCLUSION:			
	WEATHER PLAN (DRYLAND PLAN):			
COMMENTS/THINGS TO IMPROVE:				