

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Up and Over Drill	<b>DATE:</b> October, 2009 (update)
<b>FUNDAMENTAL SKI SKILL:</b>	Basic Skiing	
<b>GOAL:</b>	The goal of this drill is to teach proper lateral and fore/aft balance while turning on one ski. Secondary goals: balanced turn initiation while rolling the new ski on edge, and early weight transfer during completion phase. This is an " <b>exaggeration</b> " drill – over emphasizing specific physical movements to find better balance and stance for initiation.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Free ski equipment, video      Athlete needs: Free ski equipment	

<b>SETUP:</b>	<b>Coaching Points</b>	<b>Evaluation</b>
<ul style="list-style-type: none"> <li>Begin on groomed moderate terrain with a consistent fall-line.</li> <li>Slalom skis.</li> <li>GS skis.</li> </ul>	<ul style="list-style-type: none"> <li>Skier makes consistent radius GS turns (on SL skis) making sure each turn is completed across the hill for speed management. Turns are made as follows:                             <ul style="list-style-type: none"> <li>Begin by traversing in a flexed forward knee/leg position on the uphill ski edge with the downhill ski lifted approximately 4-6 inches off the snow.</li> <li>Next the turn is initiated by extending forward with the C-of-M as the skier rolls the uphill ski onto its new downhill edge by rotating knees forward and in. Exaggerate the move of the C-of-M forward over the new downhill ski – in the athletic stance.</li> <li>Keep the new inside ski lifted through the initiation and turning phase.</li> <li>Before the turn is completed place the new uphill ski onto the snow on the uphill edge and shift weight entirely to that ski, lifting the downhill ski off of the snow. Finish turn on uphill edge of inside ski, traversing on uphill edge.</li> </ul> </li> <li>During the weight shift, extend the hips up and over the new uphill edge platform, remain balanced with forward flexed ankles for a short distance, then roll onto the downhill edge (repeat in control with same radius turns).</li> </ul>	<p><b>The skier should demonstrate:</b></p> <ul style="list-style-type: none"> <li>The drill on one ski at all times.</li> <li>The switch from the downhill ski to the uphill ski is done before the turn is completed.</li> <li>The transition phase of the turn is made entirely on one ski.</li> <li>A smooth extension forward of the leg and C-of-M (no popping up) leading to a controlled even arc.</li> <li>The ankle over the turning ski on the snow should be flexed at all times.</li> <li>Quiet, balanced upper body, looking ahead.</li> </ul>

<b>Progressions</b>
<ol style="list-style-type: none"> <li>From SL to GS skis. Slowly reduce the exaggerated movement of the C-of-M, making sure the skier has committed to the new ski in a forward athletic stance.</li> <li>Increase difficulty of terrain (pitch, rolls).</li> <li>Increase difficulty of snow conditions.</li> </ol>