

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Angled Gate Drill	<b>DATE:</b> November, 2005
<b>FUNDAMENTAL SKI SKILL:</b>	Pole Plant	
<b>GOAL:</b>	The goal of this drill is to teach outside arm gate clear with pole plant follow through.	
<b>EQUIPMENT REQUIRED:</b>	Coach Needs: 20 Slalom poles, drill, wrench, dye (optional) and video Athlete Needs: SL skis and protection	

SETUP:	Coaching Points	Evaluation
<ul style="list-style-type: none"> <li>Groomed moderate pitch</li> <li>Slalom poles are set angled into the athlete's path:                             <ul style="list-style-type: none"> <li>30-60 degrees to snow surface level – set in stages from greatest angle to vertical.</li> <li>90 degrees to skiers track (important to maintain).</li> <li>Angle is appropriate for the height of the skiers.</li> <li>Poles may require frequent maintenance to maintain drill integrity.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Skier strikes the pole at approximately shoulder height without reaching across the centerline of the body.</li> <li>Upper body is quiet – well balanced, both arms in front with minimal or no excessive movements to clear the gate.</li> <li>The angled poles make it easier for the younger skiers to strike the gate appropriately, developing a feeling, timing, and confidence.</li> </ul>	<p><b>The skier should demonstrate:</b></p> <ul style="list-style-type: none"> <li>Gate clearing with no excessive body movements or arm movements.</li> <li>Gate clearing with no change in turn shape or ski performance.</li> <li>Quiet upper body, looking beyond the pole to the next gate.</li> <li>Shin clearing as well, in sync with hand clearing.</li> <li>A properly timed gate clear and pole plant movement.</li> </ul>
Progressions		
<ol style="list-style-type: none"> <li>Gates are set vertically.</li> <li>More difficult course set (i.e. shorter distance, more off set).</li> <li>More difficult terrain (i.e. varied terrain, steeper pitch).</li> </ol>		