

USSA SKIING DRILL PLAN



DRILL NAME:	Basic Edging Drill	DATE: November, 2005
FUNDAMENTAL SKI SKILL:	Carving Turns and Transitions	
GOAL:	The goal of this drill to teach the athlete the use of the ankles and knees to carve through the transition.	
EQUIPMENT REQUIRED:	Coach needs: Free ski equipment Athlete needs: free ski equipment	

SETUP:	Coaching Points	Evaluation
<ul style="list-style-type: none"> Flat pitch with smooth groomed snow conditions. Begin with very slow speeds to develop the proper mechanics for a carved turn initiation – feeling the action of the ski. 	<p>Crossover Point: Skier uses the ankles and knees to roll the ski over to initiate a carved turn, maintaining snow contact with a smooth balanced weight change.</p> <p>Initiation Phase: Skier continues use of the ankles and knees while balancing over the new ski to carve the top of the turn.</p> <p>Turning Phase: Because the speeds are slow, the ankles and knees are used to build edge angle for a shallow turn while maintaining a parallel position.</p> <p>Completion Phase: Use the ankles and knees to decrease edge angle and release the edge.</p>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> Snow contact throughout the drill. A balanced weight change and edge engagement from the crossover point. A clean carve in the initiation of the turn using the knees and ankles. Parallel skis. Looking ahead.
Progressions		
<ol style="list-style-type: none"> Turn more across the fall-line. Use steeper terrain to increase speed. 		