

USSA SKIING DRILL PLAN



DRILL NAME:	Free Ski Carved Parallel Turns (Progression)	DATE: November, 2005
FUNDAMENTAL SKI SKILL:	Carving Turns and Transitions	
GOAL:	The goal of this drill to teach the athlete to perform linked carved parallel turns with rhythm, balance and control.	
EQUIPMENT REQUIRED:	Coach needs: Free ski equipment, video Athlete needs: free ski equipment	

SETUP:	Coaching Points	Evaluation
<ul style="list-style-type: none"> Beginner to expert terrain on a groomed surface. 	<p>Initiation Phase: Skier uses the ankles and knees to develop the new edge and pressure, with forward movement of the center of mass into the turn to maintain balance on a carving ski.</p> <p>Turning Phase: Skier is in the parallel position with increasing edge angle on a carving ski.</p> <p>Completion Phase: Skier decreases the edge angle and pressure by releasing the edge with the center of mass moving toward the crossover point.</p> <p>Crossover Point: Skier is in a balanced fore/aft and lateral position to accomplish new edging and pressure distribution.</p>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> Snow contact in the transition. Rhythmical carved parallel turns. Linked turns that are characterized as arc to arc. Turns with a controlled radius. Looking ahead.

Progressions
<ol style="list-style-type: none"> Execute drill without poles with hands in front. Execute drill with hands crossed in front of the body. Execute the drill with hands on hips. Execute all variations of the progression in more difficult terrain and snow conditions.