

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Glide Turns	<b>DATE:</b> November, 2005
<b>FUNDAMENTAL SKI SKILL:</b>	Gliding	
<b>GOAL:</b>	The goal of this drill to teach the athlete how to perform longer radius turns with minimal drag.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Drill, Wrench 30 GS panels, Timing, Video Athlete needs: Helmet, GS Suit/protection, SG skis (or GS – depending on speed and terrain).	

SETUP:	Coaching Points	Evaluation
<ul style="list-style-type: none"> <li>Groomed – closed (to the public) beginner terrain progressing to intermediate terrain as skill level develops.</li> <li>Set can vary from 35m to 45m.</li> <li>Use speed protection as needed.</li> <li>Use timing and video.</li> </ul> <p>30m approx.</p>	<p><b>Initiation Phase:</b> As the weight is gradually transferred to the new outside ski the edge pressure is gradually increased. Skier maintains balance in an aerodynamic position.</p> <p><b>Turning Phase:</b> Once the skis have been engaged, edge pressure is increased. The skier achieves this by continuing to move the C of M forward and increasing angulation/inclination of the body. The skier maintains balance in an aerodynamic position.</p> <p><b>Completion Phase:</b> The skier is gradually releasing the edge while moving the C of M toward the crossover point. The skier maintains balance in an aerodynamic position.</p> <p><b>Crossover Point:</b> After the edge is released the skier passes through an athletic stance as the weight is transferred from outside ski to new outside ski. Skier is in a high tuck.</p>	<p><b>The skier should demonstrate:</b></p> <ul style="list-style-type: none"> <li>Smooth and rhythmical parallel turns and transitions.</li> <li>Consistent snow contact.</li> <li>Subtle edge control.</li> <li>Balanced aerodynamic upper body.</li> <li>Assume the fastest line possible through timing feedback.</li> <li>Looking ahead.</li> </ul>
Progressions		
<ol style="list-style-type: none"> <li>Timing feedback.</li> <li>Increase gate offset (still remaining shallow).</li> <li>Increase speed by increasing slope to medium pitch.</li> <li>Create a-rhythmical course and terrain changes to challenge athletes' balance.</li> </ol>		