USSA SKIING DRILL PLAN

DRILL NAME:	Glide Turns and Terrain	**DATE:** November, 2005
FUNDAMENTAL SKI SKILL:	Gliding	
GOAL:	The goal of this drill is to teach the skier how to perform glide turns in terrain.	
EQUIPMENT REQUIRED:	Coach needs: Drill, Wrench 30 GS panels, Timing, Video time to build terrain (or natural terrain) Athlete needs: Helmet, GS Suit/protection, SG skis (or GS – depending on speed and terrain).	

SETUP:	**Coaching Points**	**Evaluation**
• Groomed intermediate to advanced terrain with consistent snow conditions. • Equidistant terrain pieces to start with, working towards uneven terrain pieces. • Use timer for real feedback on line and pressure distribution. • GS or Super G set can vary from 25m to 40m. • Drill set in terrain can vary from gates set between terrain pieces to terrain crests and other set varieties.	**Initiation Phase:** In an aerodynamic position, skier applies pressure to the ski tip through forward ankle and knee flexion, keeping the hips above the knees. **Turning Phase:** After ski engagement, edge angle and pressure is increased through the center of mass (C of M) moving forward and inside through inclination and angulation, into a parallel position. **Completion Phase:** Skier gradually releases the edge while moving the C of M forward toward the crossover point. The skier maintains ankle flexion and aerodynamic position. **Crossover Point:** Skier passes through an athletic stance, weight is transferred to the new outside ski by rolling the new ski on edge with the ankle and knee, maintaining an aerodynamic position (less skilled skiers may need to be in a higher tuck). **Terrain:** Skier rises up and forward with the C of M to absorb the front of the terrain and presses on the back of the terrain with the legs to maintain snow contact and balance.	**The skier should demonstrate:** • Consistent snow contact with a balanced aerodynamic parallel position fore/aft and laterally. • Proper turn initiation with the ankles and knees. • The fastest line possible through timing for their skill and experience level. • Proper terrain absorption with extended legs in a high tuck (or high stance) to maintain balance, line, rhythm, and snow contact. • Hands forward and looking ahead.

Progressions

1. Vary tuck positions (high to low) with timing.
2. With video fine-tune appropriate aerodynamic position for snow conditions and terrain.
3. Vary terrain and speeds.