

USSA SKIING DRILL PLAN



DRILL NAME:	Garland	DATE: June, 2003
FUNDAMENTAL SKI AREA:	Basic Skiing	
GOAL:	The goal of this drill is to reinforce the correct movement from a parallel position into an athletic stance.	
EQUIPMENT REQUIRED:	Coach Needs: Free skiing equipment Athlete Needs: Free skiing equipment	
SETUP:	COACHING POINTS	EVALUATION
Groomed beginner-intermediate terrain	<ul style="list-style-type: none"> • Skier begins the drill with a traverse (straight line) in a Parallel Position. • Skier moves up and faces hips in the direction of the skis (Athletic Stance) to release edges. • Skier re-establishes the edge angle with a smooth movement from an Athletic Stance to a Parallel Position to achieve a traverse (straight line). 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • A traverse (straight line) in a Parallel Position • Edge release by squaring hips and moving up into an athletic stance • Edge release that causes skier to <i>drift</i> into the direction of the fall-line, as opposed to actively turning. • Smooth edge release and engagement • Hands forward and looking ahead throughout the exercise.
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Straight run into a traverse. 2. Traverse to a parallel turn 3. Rhythmical parallel turns 4. Rhythmical parallel turns in all terrain and conditions 		

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