

USSA SKIING DRILL PLAN



DRILL NAME:	Angulation Drill	DATE: June, 2003
FUNDAMENTAL SKI SKILL:	Carving Turns/Transitions	
GOAL:	The goal of this drill is to teach the athlete the proper body movements required for lateral balance throughout a turn.	
EQUIPMENT REQUIRED:	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment, SL or GS skis	
SETUP:	COACHING POINTS:	EVALUATION:
Beginner terrain working up to expert terrain as skill progresses.	<ul style="list-style-type: none"> • Initiation Phase- Skier establishes outside hand on outside hip and lifts the inside hand. At the same time the skier is tipping the skis up on edge. • Turning Phase - The skier is trying to keep the outside hand on the outside hip while keeping the inside hand up. This is done while the athlete is maintaining dynamic balance on an engaged edge. • Completion Phase - Skier releases engaged edge and prepares to alternate hands at the crossover point. • Crossover point: Skier is alternating hands while shifting weight from outside ski to new outside ski. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Control of inside of hip to maintain lateral balance at a high edge angle. • Angulation of ankle, knee & hip to create edge angle while maintaining balance. • The ability to keep inside hand in established position in the turning phase. • Smooth and rhythmical carved parallel turns at consistent speed and radii. • Change of hands that correspond to change in hip at the crossover pt. • Looking ahead
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Carve medium radius parallel turns lifting inside ski from cross-over point to cross-over point 2. Slalom to GS skis and maintain carved turns of medium radius. 3. Increase difficulty of terrain and snow conditions i.e. groomed, crud, etc 		

USSA SKIING DRILL PLAN

