

USSA SKIING DRILL PLAN



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| DRILL NAME: | Athletic Stance | DATE: June, 2003 |
| FUNDAMENTAL SKI AREA: | Basic Skiing | |
| GOAL: | The goal of this drill is to teach the Athletic Stance. | |
| EQUIPMENT REQUIRED: | Coach needs: Free skiing equipment Athlete needs: Free skiing equipment | |
| SETUP: | COACHING POINTS: | EVALUATION: |
| Flat terrain where skier can comfortably stand in a stationary position without edging the skis | <ul style="list-style-type: none"> • Skier has a balanced and centered stance with parallel skis and weight evenly distributed over both skis. • Hips are facing (square) in the direction of the skis. • The skier has hands out comfortably in front of the body and is looking ahead in the direction of travel. • Skier has balance over the middle of the ski with flexion in the ankle, knees and hips. • The posture is upright with a curve in the back. • The skier has hands out in front of the body and is looking ahead in the direction of travel. | <p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Balanced and centered stance with flexion in the ankles, knees and hips • Hips facing (square) in the direction of the skis • Weight evenly distributed on both skis • Hands in front of the body • Looking ahead. |
| PROGRESSIONS: | | |
| <ol style="list-style-type: none"> 1. Straight run with weight evenly distributed on both feet on a gradual slope 2. Straight run lifting one ski on a gradual slope 3. High tuck Position 4. Low tuck Position | | |