

USSA SKIING DRILL PLAN



DRILL NAME:	Carved Parallel Turns	DATE: June, 2003
FUNDAMENTAL SKI AREA:	Carving Turns/Transitions	
GOAL:	The goal of this drill is to teach the athlete carved parallel turns in all terrain and conditions.	
EQUIPMENT REQUIRED:	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment	
SETUP:	COACHING POINTS:	EVALUATION:
Groomed Beginner to expert terrain.	<ul style="list-style-type: none"> • Initiation: Skier uses the tip of the new outside ski to initiate the turn. Inclination is demonstrated here as skis are engaged. • Turning: Athlete is in dynamic balance on engaged edge or edges. • Completion: Skier releases edge and moves center of mass toward the crossover point. • Crossover Point: Skier turns skis over from uphill edge to downhill edge in transition. The center of mass moves forward and downhill toward the new turn. 	<p>Skier should demonstrate:</p> <ul style="list-style-type: none"> • Control and Balance while executing carved parallel turns. • Carved parallel turns with apex of the turn as close as possible to the fall-line. • Parallel position executed in carved parallel turns • Transitions with snow contact • Linked turns in which the uphill edge/edges turn over to the downhill edge/edges at the crossover. • Calm upper body • Looking ahead
PROGRESSIONS:		

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1. Carved Parallel turns without poles, or poles in front
2. Add variables eg. pitch, terrain, bumps, rolls etc.
3. Snow conditions eg: groomed, hard, ice, crud, etc.
4. Carved turns executed on 1 ski *this is an extremely difficult balance exercise