

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Edging Drill	<b>DATE:</b> June, 2003
<b>FUNDAMENTAL SKI AREA:</b>	Carving Turns/Transitions	
<b>GOAL:</b>	The goal of this drill is to teach the athlete to roll the skis on edge and tighten the radius of a carved turn.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Drill with 30mm bit, wrench, GS Gates with 1 Screw-in Athlete needs: GS Racing Gear (Helmet, GS Suit, protection, GS skis, poles, etc.)	
<b>SETUP:</b>	<b>COACHING POINTS:</b>	<b>EVALUATION:</b>
<p>20 GS Gates. Set a 15 Gate GS course that is relatively straight and allows for the weakest skier to carve through the course. Subsequent runs move the gates out to make the course progressively more difficult to carve. Beginner terrain working up to intermediate terrain as skill progresses.</p>	<ul style="list-style-type: none"> <li>Initiation Phase - Skier is rolling the skis up on edge with the knees while maintaining dynamic balance. (<i>Athlete experiments with forward movement to engage tip and tighten radius</i>)</li> <li>Turning phase - Skier is maintaining dynamic balance on an engaged edge/edges. (<i>Athlete experiments with methods to tighten radius i.e. Increase pressure by concentrating on 1 ski, increasing pressure on tip, etc.</i>)</li> <li>Completion Phase – The skier is releasing the edge by decreasing edge angle.</li> <li>Crossover point: The skier is transferring weight from the outside ski to the new outside ski.</li> </ul>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>Smooth and rhythmical carved parallel turns throughout drill</li> <li>Snow contact throughout drill</li> <li>Ability to execute subtle edging movements leading to more aggressive edging movements with balance and timing.</li> <li>The ability to increase pressure between the ski and the snow to tighten turn radii.</li> <li>Looking ahead.</li> </ul>
<b>PROGRESSIONS:</b>		
<ol style="list-style-type: none"> <li>Gradually increase gate offset a single panel width (i.e. 1 m) at a time.</li> <li>Snow conditions (i.e. hardness, smooth to deteriorated, etc.)</li> <li>Increase slope pitch</li> </ol>		

# USSA SKIING DRILL PLAN

