

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Glide Turns	<b>DATE:</b> June, 2003
<b>FUNDAMENTAL SKI AREA:</b>	Gliding	
<b>GOAL:</b>	The goal of this drill is to teach the skier how to perform shallow turns with minimal drag.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Drill, wrench, 20 GS gates, Athlete needs: Helmet, GS Protection, GS or SG skis, Speed suit	
<b>SETUP:</b>	<b>COACHING POINTS:</b>	<b>EVALUATION:</b>
<p>Beginner terrain working up to intermediate terrain as skill progresses. Use timer for real feedback on line and pressure distribution.</p> <p>The diagram illustrates the skier's path. It starts with a red dot representing the start of the turn, followed by a curved arrow pointing down and to the right, labeled '30m approx.'. This arrow points to a blue dot representing the end of the turn. Below the blue dot, there is another red dot, indicating the start of the next turn.</p>	<ul style="list-style-type: none"> <li>• Initiation Phase - As the weight is gradually transferred to the new outside ski the edge pressure is gradually increased. Skier maintains balance in an aerodynamic position.</li> <li>• Turning Phase - Once the skis have been engaged, edge pressure is increased. The skier achieves this by continuing to move COM forward and increasing angulation/inclination of the body. Skier maintains balance in an aerodynamic position.</li> <li>• Completion Phase - The skier is gradually releasing the edge while moving the center of mass toward the crossover point. The skier maintains balance in an aerodynamic position.</li> <li>• Crossover Point - After the edge is released the skier passes through an athletic stance as the weight is transferred from outside ski to new outside ski. Skier is in a high tuck.</li> </ul>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>• Smooth and rhythmical parallel turns and transitions.</li> <li>• Consistent snow contact.</li> <li>• Subtle edge control.</li> <li>• Balanced, aerodynamic upper body.</li> <li>• Assume the fastest line possible through timing feedback.</li> <li>• Looking ahead</li> </ul>
<b>PROGRESSIONS:</b>		

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1. Timing feedback
2. Increase gate offset (still remaining shallow)
3. Increase speed by increasing slope to medium pitch
4. Create a-rhythmical course and terrain changes to challenge athletes' balance.