

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Jump Press	<b>DATE:</b> June, 2003
<b>FUNDAMENTAL SKI AREA:</b>	Jumping/Terrain	
<b>GOAL:</b>	The goal of this drill is to teach the athlete the correct approach, take off, flight, landing movements of a jump press.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Drill, Safety nets, closures, Panels, grooming time to build terrain. Athlete needs: Helmet, SG or DH skis, DH speed suit	
<b>SETUP:</b>	<b>COACHING POINTS:</b>	<b>EVALUATION:</b>
<p>Groomed beginner to intermediate terrain. Use natural terrain with speed or build a table jump that has no "lip" or "kicker". The length of the in run and landing are dependent on slope and snow conditions. Landing must be a slope to minimize impact for athlete and must have a safe outrun.</p>	<ul style="list-style-type: none"> <li>• In run- Skier increases speed using aerodynamic position (tuck).</li> <li>• Approach - Skier approaches the jump by rising up into an athletic stance (aerodynamic hands) with weight evenly distributed on both feet.</li> <li>• Takeoff - Skier presses forward and down with the hands and hips in one smooth movement.</li> <li>• Flight - The center of mass continues to move forward with the shoulders while the hands move back. This keeps the skis parallel to the snow in flight.</li> <li>• Landing - Legs are extended prior to landing and used to absorb impact forces. Once balanced landing is achieved skier returns to the aerodynamic position.</li> </ul>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>• Approach includes an athletic stance in which the athlete is centered with balance on the balls of the feet.</li> <li>• Press movement is timed appropriately.</li> <li>• Skis parallel to the snow during flight.</li> <li>• Soft landing</li> <li>• Looking ahead</li> </ul>
<b>PROGRESSIONS:</b>		

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1. Increase approach speed
2. Increase the size of the jump
3. Work on aerodynamics during the exercise
4. Place turns appropriately before and after jump