

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Parallel Position	<b>DATE:</b> June, 2003
<b>FUNDAMENTAL SKI AREA:</b>	Basic Skiing	
<b>GOAL:</b>	The goal of this drill is to teach the parallel position.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment	
<b>SETUP:</b>	<b>COACHING POINTS:</b>	<b>EVALUATION:</b>
Groomed beginner to intermediate slope.	<ul style="list-style-type: none"> <li>• The skier stands on a side hill with parallel skis and a comfortable width of stance.</li> <li>• The inside foot-lead is critical and a function of the slope of the pitch.</li> <li>• The alignment of the ankles, knees, hips and shoulders are parallel with respect to one another</li> <li>• The uphill hip is raised and weight is over the downhill ski.</li> <li>• Shoulders are facing in the direction of the hip.</li> <li>• Hands are relaxed and in front of the body and the skier looks ahead.</li> <li>• The weight is over the middle of the skis and the uphill ski is advanced proportionally at the ankle, knee and hip to accommodate for the pitch of the slope.</li> <li>• Skier keeps an upright posture with flexion in the ankles, knees and hips.</li> <li>• Hands relaxed and out in front.</li> </ul>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>• Parallel skis in a comfortable stance width - uphill ski advanced</li> <li>• Alignment of the ankles, knees, hips and shoulders in a parallel relationship</li> <li>• Uphill hip raised.</li> <li>• Weight is over the middle of the downhill ski.</li> <li>• Hands forward and shoulders relaxed.</li> <li>• Upper body facing in the direction of the hip</li> <li>• Looking ahead.</li> </ul>
<b>PROGRESSIONS:</b>		
<ol style="list-style-type: none"> <li>1. Traverse in a straight track lifting uphill ski.</li> <li>2. Side slipping with edge sets</li> <li>3. Traverse with completely engaged edge (edge set)</li> <li>4. Straight run into traverse with completely engaged edge (edge set)</li> </ol>		