

USSA SKIING DRILL PLAN



DRILL NAME:	Parallel Turns	DATE: June. 2003
FUNDAMENTAL SKI AREA:	Basic Skiing	
GOAL:	The goal of this drill is to teach the athlete controlled, balanced 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 moves forward to a Parallel Position as the edge angle of the ski is increased. • Turning: Skier is in the Parallel Position with engaged edge or edges. • Completion: Skier releases the edge as the Center of Mass moves toward the cross over point. • Crossover Point: Skier moves through an Athletic Stance with hands and shoulders facing in the direction of the hip, knees and skis. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Parallel turns in succession • Rhythm, control and balance while executing parallel turns with consistent speed and radii. • Parallel position executed in parallel turns • Calm upper body • Looking ahead
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Parallel turns without poles, or poles in front 2. Parallel turns with consistent fall-line speed while changing radii 3. Add variable terrain eg: pitch, bumps, rolls etc. 4. Snow conditions eg: groomed, hard, ice, crud, etc. 		

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