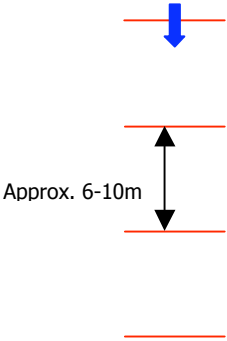


# USSA SKIING DRILL PLAN



|  |   |   |
|--|---|---|
| <b>DRILL NAME:</b>   | Pole Jumper   | <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, jump, flight and landing movements with proper timing and balance.   |   |
| <b>EQUIPMENT REQUIRED:</b>   | Coach needs: Drill, appr.24 bamboo<br>Athlete needs: Speed Gear (Helmet, Speed Suit, DH or SG skis, aerodynamic poles,etc.)   |   |
| <b>SETUP:</b>  | <b>COACHING POINTS:</b>   | <b>EVALUATION:</b>  |
| <p>Groomed beginner terrain. Athlete will start higher on slope with more speed as skill level dictates.</p>   | <ul style="list-style-type: none"> <li>• Approach - Skier adopts the tuck position.</li> <li>• Takeoff - Skier uses the legs to move the center of mass forward and up in one smooth movement. Balance point should be on the ball of the foot as skier is taking off. Hands remain calm supporting movement of the upper body.</li> <li>• Flight - The center of mass continues to move forward keeping the skis parallel to the snow (dolphin movement is a variation). Hands remain calm supporting movement of the upper body.</li> <li>• Landing - Legs are extended prior to landing and used to absorb impact forces. Once landing is completed skier returns to the tuck position.</li> </ul> | <p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>• Use of the legs rather than the upper body to flex/extend (i.e. quiet upper body).</li> <li>• Aerodynamic position with the upper body throughout the drill</li> <li>• Consistent stance and leg shafts</li> <li>• Jumping movement off of the balls of the feet that is timed appropriately with respect to the poles.</li> <li>• Skis parallel to the snow during flight (or dolphin movement as demonstrated).</li> <li>• Soft landing</li> <li>• Looking ahead</li> </ul> |
| <b>PROGRESSIONS:</b>   |   |   |
| <ol style="list-style-type: none"> <li>1. Increase approach speed.</li> <li>2. Vary distances between jump poles within the drill.</li> <li>3. Single pole jumper on a traverse</li> <li>4. Add 2 poles to increase the length of the jump (Double Pole Jumper)</li> </ol> |   |   |

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