

USSA SKIING DRILL PLAN



DRILL NAME:	Roll w/bamboo	DATE: June, 2003
FUNDAMENTAL SKI AREA:	Jumping/Terrain	
GOAL:	The goal of this drill is to teach the athlete the correct approach, takeoff, flight and landing movements with proper timing and balance	
EQUIPMENT REQUIRED:	Coach needs: Drill, bamboo, grooming time to build terrain Athlete needs: Speed Gear (Helmet, Speed suit, DH or SG skis, aerodynamic poles, etc.)	
SETUP:	COACHING POINTS:	EVALUATION:
Groomed beginner terrain. Athlete will start higher with more speed as skill progresses	<ul style="list-style-type: none"> • Approach - Skier adopts the tuck position. • 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. • Flight - The center of mass continues to move forward keeping the skis parallel to the snow. Hands remain calm supporting movement of the upper body. • Landing - Legs are extended prior to landing and used to absorb impact forces. Once landing is completed skier returns to the balanced tuck position. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Use of the legs rather than the upper body to flex/extend (i.e. quiet upper body). • Consistent stance and leg shafts • Jumps are timed appropriately with respect to the roll. • Skis parallel to the snow during flight. • Aerodynamic position with the upper body throughout the drill • Soft landing. • Looking ahead
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Increase approach speed 2. Increase size of the roll 3. 4. 		

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