

USSA SKIING DRILL PLAN



DRILL NAME:	Side Slipping with edge set	DATE: June. 2003
FUNDAMENTAL SKI AREA:	Basic Skiing	
GOAL:	The goal of this drill is to practice subtle steering and edge control in the parallel position.	
EQUIPMENT REQUIRED:	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment	
SETUP:	COACHING POINTS:	EVALUATION:
Groomed intermediate to expert terrain. Compact snow conditions.	<ul style="list-style-type: none"> • Skier maintains Parallel Position side slipping down the fall-line. • Skier must manage edge angle and pressure to achieve a smooth sideslip at a constant speed. • Skier will use the knees to engage the edge and achieve an edge set. • Skier will release the edge set and return to a smooth sideslip at a constant speed. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Dynamic balance in a Parallel Position throughout the sideslip. • Managed edge angle and pressure to achieve a smooth sideslip. • Use of the knees and ankles in the Parallel Position for smooth edge release and engagement. • Edge set resulting in a complete stop • Hands forward • Looking in the direction of travel.
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Variable speed and frequency of edge sets 2. Lift inside ski in side slip with edge set 3. Side slipping with edge set without poles 4. Side slipping with 180 degree pivots while maintaining a consistent path down the fall-line. 		

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