

# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Single Pole Plant	<b>DATE:</b> June, 2003
<b>FUNDAMENTAL SKI AREA:</b>	Pole Plant	
<b>GOAL:</b>	The goal of this drill is to teach the athlete how to use a coordinated pole plant while performing SL turns.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Free ski equipment Athlete needs: Free ski equipment, SL or GS skis	
<b>SETUP:</b>	<b>COACHING POINTS:</b>	<b>EVALUATION:</b>
Beginner terrain working up to intermediate terrain as skill progresses.	<ul style="list-style-type: none"> <li>• Completion phase - The skier is releasing the edge as the pole is swinging toward the front of the ski.</li> <li>• Crossover point - The skier is changing edges as the pole is planted or just released.</li> <li>• Initiation phase - The skier keeps hands forward going into the turn.</li> </ul>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>• Proper pole plant mechanics.</li> <li>• Proper timing of the single pole plant with parallel turns (ie. At the completion phase or crossover pt.).</li> <li>• Smooth rhythmical movements.</li> <li>• Balanced parallel turns in the fall-line.</li> <li>• Looking ahead</li> </ul>
<b>PROGRESSIONS:</b>		
<ol style="list-style-type: none"> <li>1. Increase slope pitch while executing parallel turns of consistent radii.</li> <li>2. Vary turn radius in all conditions and terrain.</li> <li>3. GS radius turns in all conditions and terrain.</li> <li>4.</li> </ol>		

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