

USSA SKIING DRILL PLAN



DRILL NAME:	Traverse	DATE: June, 2003
FUNDAMENTAL SKI AREA:	Basic Skiing	
GOAL:	The goal of this drill is to practice dynamic balance and edge control in the Parallel Position.	
EQUIPMENT REQUIRED:	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment	
SETUP:	COACHING POINTS:	EVALUATION:
Groomed beginner to intermediate terrain.	<ul style="list-style-type: none"> • Skier maintains a Parallel Position in a straight traverse across the hill. • Skier must manage edge angle and pressure to achieve a straight track. • Balance is over the middle of the downhill ski. <p>* Engaged edge set will turn skier up the hill with the side cut of the ski. This is a variation.</p>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Dynamic balance in a Parallel Position throughout the traverse. • Both uphill edges are tracking • A straight track. • Consistent snow contact with both skis • Weight on the downhill ski. • Looking ahead
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Edge set traverse to follow side cut 2. Lift inside ski in traverse 3. Increase and decrease edge angle in a traverse 4. Lift inside ski while increasing and decreasing edge angle in a traverse. 		

USSA SKIING DRILL PLAN

