

USSA SKIING DRILL PLAN



DRILL NAME:	Turn Shape	DATE: June, 2003
FUNDAMENTAL SKI AREA:	Carving Turns/Transitions	
GOAL:	The goal of this drill is to teach the athlete how to carve a turn in a specific place on the hill.	
EQUIPMENT REQUIRED:	Coach needs: Drill, wench, appr. 30 GS gates for 15 gate set Athlete needs: Helmet, SL or GS skis, GS Suit, GS protection	
SETUP:	COACHING POINTS:	EVALUATION:
<p>Beginner terrain working up to intermediate terrain as skill progresses.</p>	<ul style="list-style-type: none"> • Initiation - The skier is attempting to time the turn so that they are close to the first panel while initiating a carving turn. • Turning - The skier is trying to put the apex of the turn between the gates while maintaining a carving turn. The athlete is in the turning phase between the 2 panels. • Completion - At the lower panel the athlete is in the completion phase of the turn. Skier is progressively releasing the edge. • Crossover point: Skier is transferring weight from the outside ski to the new outside ski. The knee of the new outside leg is active in the establishment of the new edge. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • A clean carved turn. • Snow contact. • A carved turn with a turn radius that is on the panels. • The apex of the turn is equidistant between the gates. • Looking ahead
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Brush gate course set in similar pattern for carving slalom radius turns. 2. Carving turns of medium radius on slalom skis to achieve a carved turn in the course. 3. Carving turns of medium radius on GS skis moving to shorter distance between markers defining turn radii. 4. Increase slope pitch. 		

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