

USSA SKIING DRILL PLAN



DRILL NAME:	Wave	DATE: June, 2003
FUNDAMENTAL SKI AREA:	Jumping/Terrain	
GOAL:	The goal of this drill is to teach the athlete the extension and absorption movements required for terrain and jumping.	
EQUIPMENT REQUIRED:	Coach needs: Drill, safety nets, closures, grooming time to build terrain. Athlete needs: Helmet, SG or DH skis, DH speed suit	
SETUP:	COACHING POINTS:	EVALUATION:
Groomed beginner terrain.	<ul style="list-style-type: none"> • In run- The skier increases speed in an aerodynamic position (tuck). • Approach - Skier approaches the wave by rising up into a high tuck with weight evenly distributed on both feet. • Absorption – Skier keeps balance and snow contact by retracting the lower body, while using the upper body to compensate for balance. Forward movement similar to that in jumping is used to keep balance. Aerodynamic hand and upper body position are kept if possible. • Extension – Skier continues to move forward and extends the lower body to keep snow contact. Aerodynamic hands and upper body position are kept if possible. 	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> • Balance and rhythm throughout the drill • Consistent snow contact • Parallel lower legs • Absorbing movement that includes a forward move, retraction and extension of the legs • Absorbing movement that is timed appropriately with respect to the terrain • Aerodynamic hands and upper body position • Looking ahead
PROGRESSIONS:		
<ol style="list-style-type: none"> 1. Increase approach speed 2. Increase the size and distance between the wave peaks 3. Work on aerodynamics during the exercise 4. "Camel" last two waves when speed, experience and safety is adequate. 		