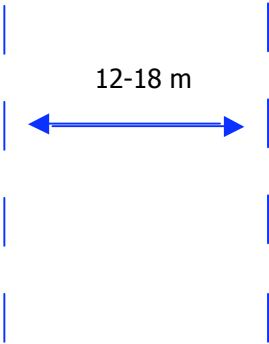


# USSA SKIING DRILL PLAN



<b>DRILL NAME:</b>	Corridor	<b>DATE:</b> June, 2003
<b>FUNDAMENTAL SKI AREA:</b>	Carving Turns/Transitions	
<b>GOAL:</b>	The goal of this drill is to teach the athlete the importance of snow contact and use of knees in transition to achieve carved turns.	
<b>EQUIPMENT REQUIRED:</b>	Coach needs: Drill and Approx. 20 Bamboo or Normal gates Athlete needs: Free skiing equipment, SL & GS skis	
<b>SETUP:</b>	<b>COACHING POINTS:</b>	<b>EVALUATION:</b>
<p>Parallel columns of gates set approx. 12-18 meters apart. Groomed beginner to intermediate terrain</p> 	<ul style="list-style-type: none"> <li>• Initiation: The skier carves into the fall-line. The movement is forward into the turn to ensure the tip of the ski is engaging. –</li> <li>• Turning: Skier is balanced on carving ski/skis.</li> <li>• Completion: The skier is releasing the edge by moving from the parallel position toward an athletic stance. Skier maintains ankle flexion as the edge is released.</li> <li>• Crossover Point: The skier continues to maintain appropriate ankle flexion as weight is transferred from outside ski to new outside ski. Skier passes through the athletic stance.</li> </ul>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>• Snow contact throughout turn, particularly in transition</li> <li>• Balanced, symmetrical carved parallel turns of no particular radii.</li> <li>• Appropriate ankle flexion and use of knees to roll skis over in transition</li> <li>• Skis tracking on the same path through the transition</li> <li>• Looking ahead.</li> </ul>
<b>PROGRESSIONS:</b>		
<ol style="list-style-type: none"> <li>1. Carving Turns of medium radius on Giant Slalom Skis</li> <li>2. Carving turns of medium radius with boots loose (Snow contact, ankle flexion for balance)</li> <li>3. Increase snow hardness, variability, etc</li> <li>4. Variable terrain</li> </ol>		

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