

# USSA SKIING DRILL PLAN



<b>DRILL NAME :</b>	Parallel Position	<b>DATE :</b> October, 2009 (update)
<b>FUNDAMENTAL SKI AREA :</b>	Basic Skiing	
<b>GOAL :</b>	The goal of this drill is to teach the parallel position.	
<b>EQUIPMENT REQUIRED :</b>	Coach needs: Free skiing equipment Athlete needs: Free skiing equipment	
<b>SETUP :</b>	<b>COACHING POINTS :</b>	<b>EVALUATION :</b>
Groomed beginner to intermediate slope.	<ul style="list-style-type: none"> <li>• The skier stands on a side hill with parallel skis and a comfortable, hip width stance.</li> <li>• The majority of the weight is over the middle of the downhill ski and the uphill ski is advanced proportionally at the ankle, knee and hip to accommodate for the pitch of the slope.</li> <li>• The alignment of the ankles, knees, hips and shoulders are parallel with respect to one another and in relation to the uphill ski.</li> <li>• The uphill hip is raised and weight is over the downhill ski.</li> <li>• Hands are relaxed and in front of the body and the skier looks ahead.</li> <li>• Skier's upper body is flexed forward at the waist, with a rounded curve in the back, chest over the knees, and the shoulders/head slightly ahead of the knees.</li> </ul>	<p>The skier should demonstrate:</p> <ul style="list-style-type: none"> <li>• Parallel skis in a comfortable stance width - uphill ski advanced slightly</li> <li>• Alignment of the ankles, knees, hips and shoulders in a parallel relationship with the uphill ski</li> <li>• Uphill hip is raised</li> <li>• Weight is over the middle of the downhill ski</li> <li>• Hands and elbows forward and shoulders relaxed</li> <li>• Upper body facing in the direction of the hip</li> <li>• Looking ahead</li> </ul>
<b>PROGRESSIONS :</b>		
<ol style="list-style-type: none"> <li>1. Traverse in a straight track lifting uphill ski</li> <li>2. Side slipping with edge sets</li> <li>3. Traverse with completely engaged edge (edge set)</li> <li>4. Straight run into traverse with completely engaged downhill and uphill ski edges (flat to moderate terrain)</li> </ol>		