

January 12, 2019 – BALANCE/EDGING/ROTARY (side slip, hockey stop)	
Straight Side Slip	https://www.youtube.com/watch?v=_EZJgH_IXwE
Falling Leaf	https://youtu.be/hqsZ2-BDpCl
Straight Run to Side Slip to Edge Set	https://youtu.be/4bCt9hImUPw
Straight Run to Hockey Stop	As above, but with no side slip – immediate edge set after pivot
January 19, 2019 – BALANCE AND TURN INITIATION	
Double Pole Plant	https://youtu.be/RniHI8v-uT8
Single Pole Plant	https://youtu.be/Mk7uauyxmME
January 26, 2019 – PRESSURE/FORE AND AFT BALANCE	
Pole Jumpers	https://youtu.be/1wk4NgR-ayE (over or next to poles)
Pole Jumpers in Tuck	https://youtu.be/vG46YaLhwSU (over or next to poles)
Steps and Jumps	https://my.ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment/exercises-by-skill/pressure/steps-and-jumps
February 2, 2019 – EDGING	
Weight Outside Ski Inside Tip Down Tail Up	https://youtu.be/yiS3ZXrMrXw
Outside Edge to Outside Edge	https://youtu.be/_VQaoZTVMfY
February 9, 2019 – BALANCE/WEIGHT TRANSFER/TURN INITIATION	
Norwegian Drill	https://youtu.be/txFVUilTjq4
February 16, 2019 – PRESSURE/TURN SHAPE	
Swiss Drill	https://youtu.be/rGOIxWyBm0E
Hourglass Drill	https://youtu.be/8IpYXbaEPSq
Slalom and Traverse	https://youtu.be/Mk7uauyxmME
February 23, 2019 – EDGING	
Thousand Steps/Skate Turns	https://www.youtube.com/watch?v=YWwfl52HCBM
Get Over It Drill	https://youtu.be/Bh7KF49GzOc
March 2, 2019 – ROTARY	
Pivot Slips	https://youtu.be/YjIDiMK5SIU
Side Slip to Straight Run to Side Slip	https://youtu.be/UJJMtuQc1V8
March 3, 2019 – FINALE RACE	