

Timing the Pole Plant

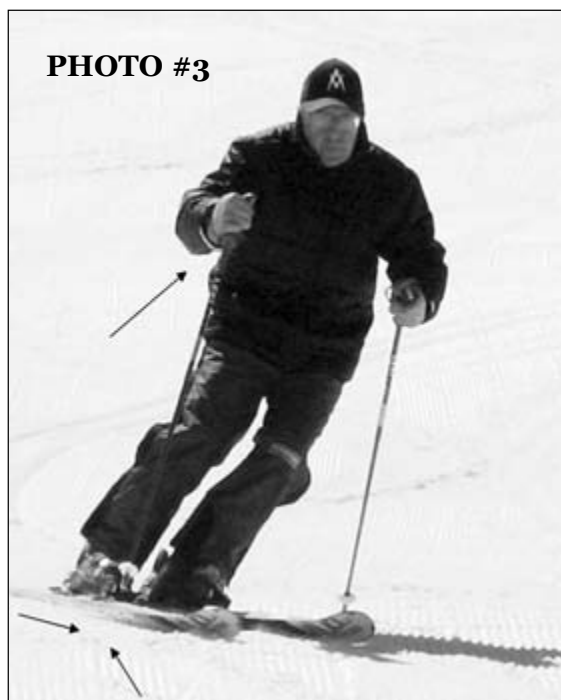
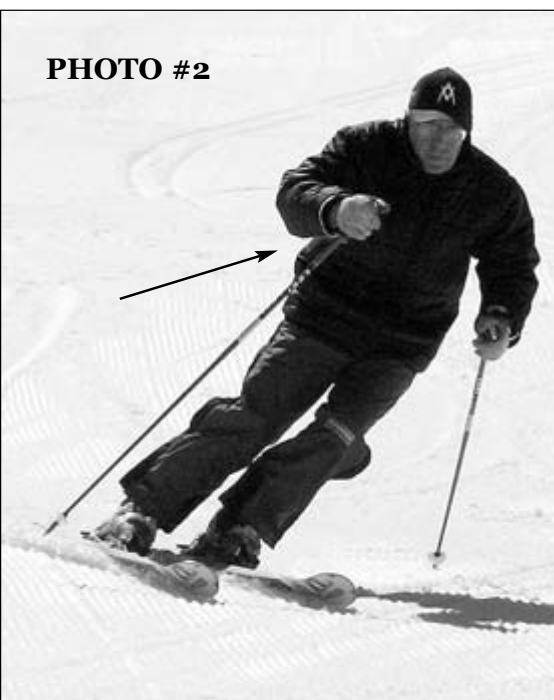
The pole plant is important at all levels of skiing. As the skier improves, it is an area that becomes secondary to the point that it is taken for granted! When this happens, the overall excellence of the skiing is impacted. This is true at both the recreational and racing levels. The purpose of this article is to reacquaint recreational skiers, racers, and coaches with the importance of the pole plant, and its relationship to excellence in skiing.

THE POLE PLANT SEEKS TO:

- * Center and stabilize the upper body/torso. (See photo #1):
- * Establish a third point of contact with the snow (feet, skis, ski pole).
- * Create timing, rhythm, and flow in your skiing.



Tim LaVallee photos



FUNDAMENTALS AND EXECUTION:

- * The pole plant for the approaching turn begins in the last one-third of the current turn (See photo #2).
- * The pole plant originates with a slight forward and rising movement of the body (See photo #3).
- * This is accompanied by an upward bend of the wrist, placing the pole basket at an angle ahead of the hand. The pole will then enter the snow in front of and to the side of the new inside ski boot (See photo #3).

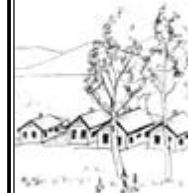
ADVANCED SKIING AND RACING:

When skiing moguls, steep terrain and powder snow, the pole plant becomes more aggressive, complimented by down un-weighting. In slalom the pole plant is used aggressively or simply as a timing touch in preparing for gate clearing, depending on terrain, snow conditions, and gate placement. In giant slalom, ski pole execution may simply be a movement, introducing turn entry without a snow touch.

For more tips on training and skiing got to the Web site: www.ski-race-coach.com

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