

# Covering The Line

This session is focused on covering and exploiting lines.

## Overview

### Training Preamble - 15 Minutes

- Sticky skating
- Figure eights
- Weaves and carves
- One foot
- Side Surfing

Intersperse with hot laps. Forwards and backwards

### Footwork and Stops - 20 Minutes

- Arrested sticky skating
- Drop Step and Hockey Stop footwork

Some skaters may be working on just the drop step, or just the hockey stop.

### Lateral Blocking - 20 Minutes

With a jammer engaged

- Laterals - 5 minutes
- Two wall laterals - 5 minutes
- Three wall laterals - 5 minutes
- Three wall rotations - 5 minutes

### Turning Skills - 20 Minutes

Skills for jammers in out-turning the wall. Perform in pairs.

- Carving
- Toe-stop carves
- Bean Dips
- Derby Stops
- Side Surf

## **Running the Line**

- Two wall
- Three wall

As a final drill, jammers are allowed to incorporate jukes.

## Warm-up

### Stops & Footwork

#### Arrested Sticky

This is a joint sticky skating and stopping drill.

Set up one leg as a brace for ploughing. With the other leg perform one footed eggshells, driving against the ploughing leg.

Alternate legs.

#### Drill: Alternating Hockey Stops

This drill involves working on both forwards and backwards hockey stops.

If the skater is not comfortable with drop steps, they may be replaced with regular laterals.

- Start with both feet parallel and facing forwards.
- Perform a drop-step into a lateral towards the right.
- Perform a hockey stop, ending with feet parallel and facing the original direction.
- Perform a drop-step into skating backwards towards the right.
- Perform a backwards hockey stop, ending with feet parallel and facing the original direction.
- Repeat.

This should also be performed to the left.

*Progressions* Replace the hockey stops with one foot hockey stops, only placing the other foot after coming to a complete stop. Increase tempo and power.

### Double Lines

#### Drill: Double Lines

This drill involves a colinear two wall and a jammer.

There are four variations of this drill.

In rough order of difficult these are:

- Blocker in lane 1.5, brace in lane 1
- Blocker in lane 3.5, brace in lane 4
- Blocker in lane 1.5, brace in lane 2
- Blocker in lane 3.5, brace in lane 3

The jammer begins behind the blocker.

The goal of the jammer is to out-pace the wall to the other side of the track and pass the blockers in either lane 1 or lane 4. The jammer must commit to this movement until they have passed the first blocker.

The goals of this drill vary depending on the level of the jammer and the blockers.

- The first goal is for the jammer to outpace the blockers sufficiently to escape.
- The second is for the blockers to reach the line in time to prevent this. This will often involve the first blocker arriving too late, while the brace is in position to catch the jammer.
- The third goal is for the jammer to avoid taking a double line and instead cut back into the seam.
- Lastly, the blockers, after cutting off the line should close shoulders to prevent the jammer cutting through.

## Drill: Three Wall Double Lines

This drill involves a three wall and a jammer.

There are two variations of this drill.

In rough order of difficult these are:

- Blockers in lanes 1, 2, brace between lanes 1 and 2
- Blockers in lanes 3, 4, brace between lanes 3 and 4

The jammer begins in the seam.

The goal of the jammer is to out-pace the wall to the other side of the track and pass the blockers in either lane 1 or lane 4. The jammer must commit to this movement until they have passed the first blocker.

The goals of this drill vary depending on the level of the jammer and the blockers.

- The first goal is for the jammer to outpace the blockers sufficiently to escape.
- The second is for the blockers to reach the line in time to prevent this. This will often involve the first blocker arriving too late, while the brace is in position to catch the jammer.
- The third goal is for the jammer to avoid taking a double line and instead cut back into the seam.
- Lastly, the blockers, after cutting off the line should close shoulders to prevent the jammer cutting through. From this position they may trap the jammer.

Blockers may work on this drill using lateral or rotating motions.