

Week 2

This session is a developmental session focused on weight transfer skills, building on powerslides, laterals and transitions.

Overview

Training Preamble This is the second ‘return to level 2’ session, in which we will begin working on skills not covered in level 1 without beginning contact training. The warm up is extended with an eye to continuing to develop skills from previous weeks.

Extended Warm-Up - 45 Mins

Initial warm-up, break regularly for water during the warm up.

Prelude - 15 minutes:

- Sticky skating - Regular, large, fast and figure 8 eggshells.
- Weaves - 1 lane, 2 lanes
- Carves - half track, line to line
- 3 Warm Laps
- One foot glides - aim for at least along the straight
- 2 Medium-hot laps
- Backwards sticky skating - Regular, large, fast and figure 8 eggshells - expect difficulty with the figure 8s
- 1 Fast lap

Middle Eight - 10 minutes:

- Stepping
- Toe stop walking

Coda - 10 minutes:

- Plough stops
- T Stops
- Turn-around toe stops, transition work if not ready

Revision - 30 Mins

Falling - 5 minutes:

Run as a two sides of the track drill - one side with one fall, the other with the other. Don't run this drill for too long, especially if skaters have poor kneepads.

- Knee taps and Double knee taps
- Turtle falls and Slide falls

Sticky skating revision - 5 minutes:

Focusing on making sure that all edges are being used and start working on derby stance.

One Foot Skating - 10 minutes: Looking at either gliding or starting to integrate edge-work, depending on where the skater's development is at. Focus can either be on single foot circles or serpentine.

Weight Transfer - 45 Mins

This week is focused on weight transfer skills. This skirts around the space occupied by power-slides, transitions and laterals.

At this stage allow a power-slide or plough stop to the lateral rather than expecting a stomp stop. This blends better with the other skills that are being focused on.

Open Hip Balancing An open hip balancing drill, this will be useful for the skills in this section.

Open Hip Gliding - One foot glides while facing perpendicular to the direction of travel.

Static weight transfer - Stepping through the foot and weight distributions required for a lateral.

Rolling weight transfer - Combining the previous two drills, this ends up being a mini transition. Should be performed both laterally and while skating down the track.

Alternating Powerslides: Introduction or revision on powerslides. The goal here is to work on a slurry of weight transfer skills that build into laterals and transitions.

Revision Drills

Development Drill: One Edge at a Time

This is a variant drill for regular sticky skating. It's targeted skaters who are comfortable moving around on skates, but may be compensating for not fully developed edge-work in sticky skating. Breaking down the motions and forcing each to pull their own weight should show this up quite quickly.

The core idea of the drill is to only use a single movement for propulsion.

One leg should be stationary, the other should begin on the in, push out as you would when sticky skating then lift the leg at the end of the motion. Place the leg back on the inside and repeat.

For the alternative motion the leg should start on the out and pull in.

Avoid large flicks and other crossover-like motions.

Repeat the following skating forwards and backwards.

- 1× lap right leg pushing out, left leg stationary
- 1× lap left leg pushing out, right leg stationary
- 1× lap right leg pulling in, left leg stationary
- 1× lap right leg pulling in, right leg stationary

To put the motions back together:

- 2× laps regular sticky skating.

Knee Taps

A controlled knee fall. Skaters should lower themselves while skating and tap a knee pad to the floor regain control, then rise again to a skating position.

Double Knee Falls

The goal of this skill is to safely fall on two knees.

As with the single knee fall, rather than falling directly down, the primary goal should be to burn off speed at an oblique angle. The shallower the angle the lessen the impact.

Unlike the single knee fall we now need to content with two knees falling. In this situation the goal is to stagger the timing of the impact of the knees.

As there is a risk of tipping forwards it is advised to lean backwards from the hips in an ersatz rock-star pose.

Turtle Falls

While performing double knee falls there was a concern about pitching forwards. This fall is about managing that situation.

Here the skater begins with a double knee fall, they then pitch forward making contact with the ground with both their wrist and elbow pads. The concern here is how to avoid injury from this position. The advice is to 'turtle' - to assume as small a pose as possible by retracting arms and bringing the head in, while keeping the fingers either clenched or folded out of the way.

The skater should then re-emerge from their shell once it is safe to do so.

Slide Falls

So far the falling drills have assumed that you are falling forwards. This technique exists for situations where that is not the case.

Our primary goal is to avoid falling either backwards, or directly onto a hip. The idea is then to ‘pick a cheek’, to fall onto.

The fall them maximises contact area along the glutes and thigh, and as with the other falls aims to turn it into a slide.

Falling directly onto your backside may result in a tailbone injury, which is ill advised.

Drill One Foot Circles

A set of four movements (eight counting backwards) for developing edgework.

The skater should find an open space on the track, and attempt to hold an edge on one foot, either inside or outside to start curving their skating. No active movement of the foot should be required to achieve this - if the skater is lifting or adjusting their wheels then they’re forcing the turn rather than using their edges.

Serpentine

As different extension to one footed weaves.

Rather than two lanes of the track at a sharper angle than 45 degrees glide from line to line on one foot. At the line, or as close to it as the skater feels comfortable use the edges of the skate to turn, as in a weave or a carve to face the other line and continue the motion.

As we’re not currently generating momentum from this motion after two or three turns change feet. The focus is on the sharpness of the turn, rather than the speed. Speed may be added after technique has been polished.

New Skills Drills

Developmental Drill: Lateral Balancing

The first issue that new skaters may encounter is that while they may be proficient in one footed glides with their legs parallel, they may not have practiced with their legs akimbo. As this utilises different sets of muscles this may require some initial practice.

Begin by standing and balancing on one foot facing forwards with the foot turned out 90 degrees. The other leg should be raised but still facing forwards. The skater’s hips should be turned towards the turned out foot. Practice this on both legs.

Developmental Drill: Static Weight Transfer

We will begin by performing this motion while static.

- Starting with feet in the ‘T’ position, hips facing forwards with one foot turned out and knees bent.
- The skater should shift their weight over the turned out foot, a good metric is to get their centre of balance out over their knee.
- Next raise the forward facing foot.
- Then work on placing the forward facing foot back in the same position shifting weight from a central position to out over the knee and back.

Developmental Drill: Push and Glide

Once the skaters are comfortable with lateral balancing position add a small ‘skateboard push’ using the outside edges of the otherwise raised leg. This push should have minimal force such that the motion can be halted without requiring any large stomps or difficult techniques.

Weight should be heavily over the forwards leg. The knee of this leg should be bent out over and possibly past the toes of the same leg. The knee should also be in line with the foot, if it’s misaligned then the skater will turn.

The skater’s torso should be facing perpendicular to their direction of travel.

Common Pitfall: It is important that the source of the force from this push is from behind the planted foot. If the force comes from too far forwards, or the skateboard pushing foot rolls this will throw off the balance of the push. Typically this can be seen when the skater performs the push, remains stable for a few seconds while their pushing leg is in motion, then when they attempt to arrest and return the pushing leg the acceleration on that leg throws off their balance.

Common Pitfall: If the skater is having issue maintaining stance, it is possibly a positioning issue. Ensure that the knee is out over their toes and that it is aligned with their foot rather than turned or offset.

Developmental Drill: Rolling Weight Transfer

This drill revolves around transferring weight between feet while holding a lateral stance. This drill should begin by rolling forwards on one foot.

- Starting with feet in the ‘T’ position, hips facing forwards with one foot turned out and knees bent.
- The skater should shift their weight over the turned out foot, a good metric is to get their centre of balance out over their knee.
- Next raise the forward facing foot.
- Then work on placing the forward facing foot back in the same position shifting weight from a central position to out over the knee and back.

Drill: Alternating Powerslides

To be performed within 5-10 ft. Shorter distances are preferred.

- Take a step forwards.
- Perform a powerslide.
- Repeat.

Progressions Increase tempo and power.