

Return to Skate

Getting back in the groove. This is a 2 hour warm up and skills session. Drills are focused on limbering up, and should not include power or finicky techniques. More complex drills should be based around the combination of basic skills.

Overview

Off Skates Warm-up 5-10 Minutes

Lightly making sure that the joints still work.

Focus is **not** on building strength, cardio or endurance, just on limbering up. Do 5 to 10 reps of each, on each side.

- Toe taps + one leg light squats
- Arm, shoulder and neck stretches
- Opening and closing hip rotations
- Knee raise to superman
- Cross chest knee raises
- Butt kicks, high knees, side shuffles

Basic Edges - 15 Minutes

Mostly standard edge-work warm-up. Stage in faster laps rather than doing them all at once. Do forwards and backwards.

- Sticky skating - Regular, Figure 8, low
- Three moderate pace laps
- Regular weaves + carves
- Two faster paced laps
- One foot line-to-line
- One foot self-propelled (if not able, then serpentine).
- One fast lap

Hip Flexors - 20 minutes

Having warmed up our edges, we now start working on the hips.

- Lateral one foot skating, forwards and back foot, facing inside and outside line.
- Side surfing.
- Basic Laterals
- Transition variants, warm up then start looking for new ones.

Stopping Drills - 10 minutes

In pairs around the track. Focus is on getting comfortable, then decreasing stopping distance.

- One and two foot ploughs
- T stops - Back, side and front
- Turn around toe stops
- Powerslides
- Hockey stops

Toe Stops - 15 minutes

- Weight transfer and walking
- Side shuffles
- Grapevines
- Skating to toe stops & back. (Backwards, Forwards and Side-surf))
- Derby Stops

Edgework - 20 minutes

A return to our edges for a bit.

- One foot circles.
- Stationary carves.
- One-foot C-cuts, drop step, alternating.
- One-foot U-cuts, drop step, alternating.
- Drop step or Lateral stopping drill.

Dynamic Movement - 15 minutes

And back to some more dynamic movement drills.

- Side surf leg alternation
- Stroked side surfing
- Side surf serial quarter rotations.
- Finnish Snake drill

Drill Notes

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.

Progression of this drill is in sharpening angles, maintaining momentum and incorporating self-propelled motions.

Skating to Toe Stops and Back

This section deals with alternating between skating, running on toe-stops and moving back to skating.

The primary difficulty with this skill is that toe-stops are typically angled such that jumping onto them while rolling without first matching momentum will result in the skater falling over. This angling also means that this skill is easier to practice backwards.

All of the following drills should be attempted at low speed first. If the skater is not comfortable moving at the required speed when starting on toe stops, they should not attempt to move onto toe stops from that speed when rolling.

Skating Backwards

Skate backwards, hop onto toe stops for a couple of steps, resume skating backwards. This is easier than the forwards version as the toe stops are already angled backwards.

If the skater needs to bail out from this movement they can drop onto their toe stops and come to a stop.

Sideways

Similarly to the backwards version, this can also be performed sideways while avoiding angling issues with toe-stops.

From a side surf, incorporate a small jump landing on toe stops. The skater then uses their existing momentum to perform a side shuffle or a grapevine on toe stops. They then return to a side surf.

If the skater is concerned by the sideways momentum on their toe-stops, the first toe-stop steps may be accompanied by a partial transition for greater stability.

Skating Forwards

The hardest of the three. Care must be taken to place the toe-stops at the correct angle while moving forwards. Leaning forwards will help with this, as will maintaining momentum.

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.

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. If the skater is not comfortable with hockey stops, they may be replaced with powerslides.

- 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.

Drill: Finnish Snake

This drill was poached from a Finnish ice hockey drill, hence the name.

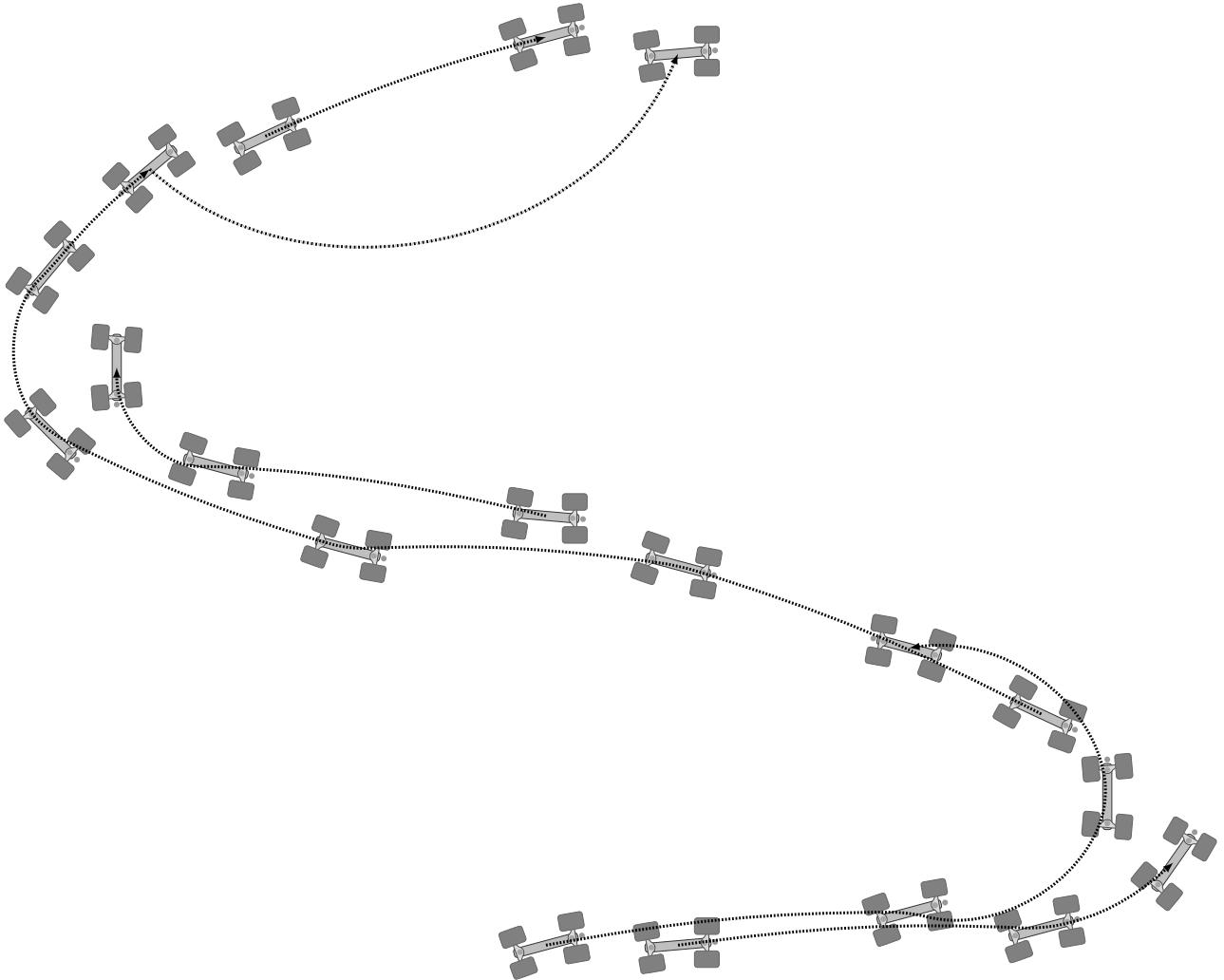
This drill may be run between the outside and inside lines of the track, but having some more room for a run-up is preferred (for example by running it across the inside of the track).

The skater should begin on the inside line while facing the outside line. Throughout the drill their shoulders and torso should remain facing in this direction.

- The skater begins by skating towards the outside line at a slightly oblique angle in derby direction. They may mix a crossover into this motion.
- They should perform a carve, burning off their forward momentum while conserving their sideways momentum.
- From here the skater should perform backwards crossovers to propel themselves back towards the inside line.
- Once at the inside line they should perform a backwards carve, resetting their position.

As the sequence is repeated the skater will naturally move down the track.

The drill should be repeated in both directions.



Commentary: The drill has two main goals - keeping the skater's torso moving independently of their legs, and working on the blurred line between a hockey stop and a carve such that the skater can redirect their momentum efficiently.

Variant: The forwards and backwards carves may be reversed - the backwards carves being performed at the front line and the forwards carves at the back line.