

# Week 1

This is mostly a revision session to warm up to level 2 after the end of level 1.

## Overview

**Training Preamble** This is the first level 2 session. The goal is mostly a warm up and return to skating, with a secondary goal of spending some time working on the more difficult level 1 skills.

## Extended Warm-Up - 30 Mins

Initial warm-up, break regularly for water and instructions as required. All these skills should ideally be revision which we will attempt to normalise throughout the programme.

- Sticky skating - Regular, large 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 - only regular eggshells here for this week
- 1 Fast lap

## Falls - 5 Mins

This is a good time to revisit falling.

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

## Stops - 10 mins

Some basic jackie daniels stopping drills. Mostly just warming up after the break.

- Plough stops, one foot if applicable.
- T Stops

## Balancing Stepping and Walking

Getting ankles engaged.

- One foot balancing
- One foot balancing, leg turned out
- Stepping
- Toe stop balancing
- Toe stop weight transfer
- Toe stop walking

## One Foot Skating

Looking at either gliding or starting to integrate edge-work, depending on where the skater's development is at.

The first goal should be for skaters to complete at least three quarters of a lap on a single glide - ideally they should be able to reach the full lap. Attention should be paid to balance as their momentum tails off.

For skaters who can comfortably perform this glide the focus can either be on single foot circles or serpentine.

## Transitions

Revise transitions. It's best to take this section on a skater by skater basis, a selection of drills is provided.

## Drills

### 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 then 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.