


## Activity Plan for Skateboarding Tricks


Week 1			
Activity	How many or how long	How many days	Instructions
Skateboarding KickTurning 	15 mins	2 days/wk	<p>Kickturning is when you balance on your back wheels for a moment, and swing the front of your board to a new direction. Kickturning is a fast way to turn your skateboard. Practice on a flat surface, like a living room carpet, or on the grass outside. Somewhere where it won't roll much. Try balancing on your back wheels, just for a moment. It's like popping a wheelie.</p> <p>Here are a couple of versions of it:</p> <p><u>Duckwalk</u> - keep your back foot on the tail of your skateboard where it normally is, and your front foot on the nose of your skateboard, in the same angle and position as your back foot is on the tail. Now, try to balance a little on your back foot, and swing the nose of your board forward a little. Now do the other foot. You should feel a little silly doing this, waddling forward like a duck, but it is good practice.</p> <p><u>Tick Tac</u> - Do a short kickturn one way, and then a short kickturn the other way. Do them quickly, while swinging your weight forward, and you can move this way. At first it will be really slow, but give yourself a goal.</p> <p>You should find it easier to go <a href="#">frontside</a> than <a href="#">backside</a> - most people do. Practice until you can kickturn <a href="#">180</a> degrees. Practice kickturning while moving.</p>

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Week 2			
Activity	How many or how long	How many days	Instructions
Try an Ollie	20 mins	2 days/wk	<p>Try this beginner-level skateboarding trick called an “Ollie”.</p> <ol style="list-style-type: none"> <li>1. Stand on the board with your rear foot placed on the tail and your front foot between the middle of your board and the front bolts.</li> <li>2. Place the ball of your rear foot in the middle of the board so that when you push the tail down, the ball of your foot feels the pressure.</li> <li>3. Place your front foot nearly straight across the board.</li> <li>4. Practice pushing down as fast as you can with your back foot and putting all your weight on the tail. This is the initial motion of the trick.</li> <li>5. Notice that the harder you push, the more your board wants to keep going up once the tail is on the ground.</li> <li>6. Strike the tail on the ground and jump off with your rear foot as you slide your front foot up the board (so your knee moves toward your chest).</li> <li>7. Drag the side of your foot up the board as you are jumping. This will cause the board to come up with your jump. Once both feet are in the air, the board will seem to stick to the feet.</li> <li>8. Come back down.</li> </ol>



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Week 3			
Activity	How many or how long	How many days	Instructions
<p>The Manual on a Skateboard</p> 	20 mins	2 days/wk	<p>The Manual is where the skateboarder balances on his or her back wheels while rolling along (something like a wheelie on a bike). The Manual is a great skateboarding trick to learn - it's different from all the regular technical flip tricks, and adds a good variety. Plus, learning to manual on your skateboard isn't all that hard - it just takes balance and of practice. Make sure you wear a helmet when learning to manual! Learning to manual is learning to balance, and while practicing, you may fall. Sometimes, you will fall backward and your skateboard will shoot out in front of you. Make sure you are wearing your helmet and other required safety equipment such as wrist guards too. If you do fall try to not catch yourself using your hands. Instead let your shoulder and body take it, and roll. Now here's a few steps to learn how to Manual:</p> <ol style="list-style-type: none"> <li>1) Foot placement for manualing is important. You'll want to have your back foot covering most of the tail of your skateboard, and the ball of your front foot right behind your front trucks. Take a look at the photo to see.</li> <li>2) You'll want to have plenty of flat ground to practice on. Once you have your spot, get going at a pretty good speed. You'll need to be good enough at cruising around on your skateboard to be able to get up speed quickly, and keep it up for a little while without more pumping.</li> <li>3) Now we're at the core of manualing - balance. you shift your weight toward your back foot (slowly at first), while you lean a little forward (also slowly at first). Make sure you do NOT lean backward. Instead, lean the upper part of your body (your shoulders and head) toward the nose of your skateboard, while you shift your weight to the back foot. Take a look at the photo to see what I mean.</li> <li>4) Landing - if you fall forward after a manual, everything's fine. If you fall backwards, there's a big chance that you'll hurt the back of your head. It's very important to make sure you keep those shoulders forward, and when you are done manualing, just shift your weight back on that front foot and put the front wheels down.</li> </ol>

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Week 4			
Activity	How many or how long	How many days	Instructions
Skateboarding Kickflip 	20 mins	2 days/wk	<p>Now that you've learned how to do an Ollie, you can try out a Kickflip. A Kickflip starts with an Ollie, but you flick the board with your foot to make it spin underneath you while in the air. Here's how to do it:</p> <ol style="list-style-type: none"> <li>1) Put your back foot flat across the <a href="#">tail</a> of your skateboard, and put the ball of your front foot right behind your front <a href="#">trucks</a>. If you would like to learn to kickflip with your skateboard stationary, you can place your skateboard on some carpet or grass to keep it from rolling. If you prefer to learn to kickflip while your skateboard is rolling (this is probably easier). Don't go too fast to begin with, just at a comfortable speed.</li> <li>2) At this point, Ollie as high as you can. When you launch up into the air, slide the side of your foot up the board like you do in a regular Ollie. However, you'll want to slide it up toward the edge of the nose of the board and flick the nose of your skateboard with your front foot. The motion is like flicking something away with the back of your hand that's buzzing around. Except with your foot. Here's how it works: Kick your foot out toward the heel side of your skateboard, using the top of toes to flick the board. The motion of your foot should be out, and a <i>little</i> down. Be careful not to just kick the skateboard down - your foot will be underneath the skateboard, making it impossible to land right. Instead, you want the motion to be both down and out back behind you. Try to aim for using your little toe for the "flick". See the photos.</li> <li>3) After flicking the board with your front foot, get your feet out of the way so that the board can flip in the air. This is important. Don't let your front foot end up underneath the board. After flicking the skateboard, pull your front foot out and up. Remember that this is all happening in the air, and very quickly.</li> <li>4) Your target is the corner of the nose of your skateboard. Flick your skateboard there, and you will have the most control. See the picture on the left to get an idea of your target flick area.</li> </ol>

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5) While the skateboard is flipping underneath you, it can be easy to lose your level. By that I mean, keeping your shoulders level with the ground, and pointed in the direction you are going. Try not to turn to the side, and try not to tilt your upper body, so that one shoulder is higher than the other. Staying level will help you when you land.

6) Once the skateboard has spun around completely one time, put your back foot on it to catch it. This means that you'll need to be watching your skateboard, to see when it has made one

complete flip. This can be tricky - keep practicing. Once you catch the skateboard with your back foot, you'll want to put your front foot on the skateboard too.

7) Next, as you fall back toward the ground and land, bend your knees again. This is important! Bending your knees will help absorb the shock of landing on your skateboard; it will keep your knees from getting hurt from the impact, and keep you in control of your skateboard. Bend your knees deeply as you land. Finally, just roll away.