

How to Inline Skate

Inline skating or rollerblading is an engaging leisure activity that also serves as a great means of transportation and a fun form of exercise. Although it is much less common than biking or skateboarding nowadays, once you learn the fundamentals, you'll be on a roll in no time and glad that you took the time to follow this tutorial.

Equipment and Supplies

- Pair of Inline Skates
- Helmet (recommended but optional)
- Wrist Guards (recommended but optional)
- Elbow Pads (recommended but optional)
- Knee Pads (recommended but optional)

Set-Up

1. Put on equipment, while seated. The most essential item is to put on and lace up a pair of skates that fit your shoe size. All safety gear is recommended but optional. As a beginner, wearing a helmet and proper padding will help you be less tense and feel more comfortable.
2. After you have put on your skates and safety gear, slowly rise so that you are standing with knees slightly bent and feet shoulder width apart. Use the help of a partner or grab onto a nearby wall, if you are feeling imbalanced.

Rolling Forward

3. From a stable posture, turn your feet outwards such that they form a V-shape. Practice walking forward by alternating feet. Remain squatted with your weight below your body centered over your heels.
4. Once you are comfortable with the above, allow yourself to roll by lengthening each stride. When rolling, it is important to push off with the back foot, while gliding with the front. In order to maintain a stable posture in motion, keep your center of gravity between the front foot and the back.
5. One drill to get further used to moving forward is to move both feet in a snake-like motion allowing your feet to drift outward from the pointed V-shape and then come back together in an inverted V-shape.

Stopping

6. Most inline skates come with a brake on one of the back heels. This method of stopping is easiest for beginners. In order to use it, lift the foot with the skate that has a brake allowing the heel brake to drag across the ground. Gradually place more weight on the back foot depending on how soon you want to stop. The harder you drag, the sooner you will stop.
7. Without a heel brake, the most basic way to stop is by similarly dragging the back foot across the ground. While gliding on the front foot, gradually place more weight on the back foot allowing your feet to form a T-shape. This is called the T-Stop.

Turning

8. To turn, place the foot of the direction you want to turn in front. Lean in on the front foot in the direction you want to turn by distributing your weight approximately 80% and 20%. This is for the front foot and back foot respectively.

Crossovers

9. Crossovers allow for quicker, sharper turns. It is not necessary to know but will surely benefit your skills. To do a crossover, simply cross over one foot in front and across the other and you will glide in the direction opposite of the foot you crossed over (e.g. Right Foot Crossover = Left Turn)

Rolling Backwards

10. To roll backwards, practice the snake motion drill in the opposite direction. From a stable posture in motion, one foot in front of the other, look over the shoulder corresponding to your back foot. When rolling backwards, the weight distribution is essentially the inversion of going forwards. So make sure, to keep your weight forward, in order not to fall backwards. Falling backwards is much more dangerous than falling forwards.

Improving Your Skills

11. To get comfortable, with all the above keep practicing. Once you feel you have gained a mastery of the basics, keep experimenting to learn new tricks. For example, in order to jump, push off both feet lifting them from the ground, while maintaining a squatted stance when returning to the ground. By combining different skills, you will learn new moves on your own.