In Line Skating

Study Guide

Safety:
1) In class you must wear knee pads, elbow pads, wrist guards and a helmet (that is buckled).
2) Make sure you skate at a speed where you can stop or turn.
3) When falling make sure to fall on to your safety pads to absorb the shock. If you fall backwards, tuck your chin to your chest to avoid hitting your helmet (and head) on the pavement.

Rules for class:
1) Be alert at all times.
2) Stay away from the classrooms.
3) Do not wave into or disturb classes.
4) Watch for cars and pedestrians.
5) When returning equipment at the end of class, put your pads back in the bag, helmet into the bin and tie/attach skates together.

Skills:

Ready position:
   Athletic position with feet in a “V”.
   Keep weight forward and low.
   Caution: don’t fully extend your joints.

Forward motion:
   V pattern with skates.
   Push back and to side.
   Glide after push.

Backward motion:
   Push forward keeping skates parallel in C motion.
   Backwards hourglass or draw hearts.

Braking:
   Heel stop – bring right leg forward, push down onto heel brake.
   T-stop – bring back foot perpendicular to front skate.
   Snowplow- Point toes in/press heals out.
Falling:

Do not fall backwards. Fall forward and slide out or to the side and roll.

Turning:

**Basic Turn**
- Get in ready position
- Look in direction you want to turn
- Keep body weight over skates
- Push with opposite leg in the direction you want to go
  - Turn right, push with left leg and slightly bend right leg (inside leg)
  - Let outside leg swing around to start the turn

**Intermediate Turn**
- Get in ready position
- One foot goes in front, other in back
- Pretend to hold a box and look in the direction you are going to turn.
  - Slowly move the box into the direction you are going to turn.
- Move into the same direction as the front foot (ie right foot in front, turn right), keeping shoulders square.
- As body turns, lean into that direction
- Important to look where you are going to turn and move box

**Cross Over Turn**
- Tighter turns and helps keep momentum
- Step with forward foot over back skate
- If turning left, right foot is the foot that goes in front and over the left foot.

*A frame – weight on right to turn left or weight on left to turn right.
*In-line turn – right foot forward to turn left or opposite.
*180 sweeping turn – turn left, pivot on right, sweep left.
*180 jump turn – jump in air, turn your body, keep skates parallel.

Skating on hills:
To get up a hill use short, powerful strides.
While going downhill, make sure to keep body weight forward.
If it is a big hill, traverse the hill in a snake like pattern.

Skate maintenance:
Check for wear on wheels and tightness of screws.
When wheels wear unevenly, rotate them.
Turn the wheels 180 degrees, and switch wheels 1 & 3 and 2 &4.