



SKATE INSTRUCTION MANUAL

Beginner to Advanced

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Table of Contents

FOUNDATION PHASE	2
1. Introduction to skateboarding	2
Lesson 1.1: Intro to skateboarding – Components, Functions and Types	2
Lesson 1.2: Intro to Skateboarding – Benefits, Dress Code and Stance	3
Lesson 1.3: Intro to Skateboarding – Safety Equipment	4
2. Navigating Your Skateboard	6
Lesson 2.1: Navigating Your Skateboard - Pushing, Rolling, Stopping and Bailing	6
Lesson 2.2: Navigating Your Skateboard – Turning and Carving	8
Lesson 2.3: Navigating Your Skateboard – Tick Tack and Manuals	9
BEGINNERS PHASE	11
3. Rules and Etiquette	11
Lesson 3.1: Rules and Etiquette – Rules of the Skate Park	11
Lesson 3.2: Rules and Etiquette – Walk through terrain/identify obstacles	12
Lesson 3.3: Rules and Etiquette – Traffic patterns and blind spots	13
4. Teaching Skills	14
Lesson 4.1: Teaching Skills – Pumping and Kick turns	14
Lesson 5.1: Teaching Skills – Dropping In	16
Lesson 5.2: Teaching Skills – The Stationary Ollie	17
Lesson 5.3: Teaching Skills – The Rolling Ollie	18
INTERMEDIATE PHASE	19
6. Skateboarding Orientation	19
Lesson 6.1: Skateboarding Orientation - Definition of Skateboarding Disciplines or Styles	19
Lesson 6.2: Skateboarding Orientation – Skate Park Features and Obstacle Preferences	21
Lesson 6.3: Skateboarding Orientation – Trick Outline	22
7. Trick Outline	24
Lesson 7.1: Trick Outline – Transition – Axle Stall	24
Lesson 7.2: Trick Outline – Transition – Rock to Fakie and Rock-n-Roll	26
Lesson 7.3: Trick Outline – Grinds and Slides – Backside Boardslide	27
Lesson 7.4: Trick Outline – Grinds and Slides – Frontside 50-50	28
Lesson 8.1: Trick Outline – flat ground – frontside pop shove-it, backside 180	29
Lesson 8.2: Trick Outline – Grinds and Slides – Frontside Boardslide	30
Lesson 8.3: Trick Outline – Grinds and Slides – Backside 50-50	31
ADVANCED PHASE	32
Lesson 9.1: Trick Outline – flat ground – Kickflip	32
Lesson 9.2: Trick Outline – flat ground – Fakie Kickflip	33
Lesson 9.3: Trick Outline – flat ground – Heelflip	34
Lesson 9.4: Trick Outline – flat ground – Fakie Heelflip	35
Lesson 10.1: Trick Outline – Grinds and Slides – Frontside 5-0	36
Lesson 10.2: Trick Outline – Grinds and Slides – Backside 5-0	37



FOUNDATION PHASE

1. Introduction to skateboarding

Lesson 1.1: Intro to skateboarding – Components, Functions and Types

Facilitators Corner

Skateboarding is a constantly evolving entity. It's not only seen as a sport but a lifestyle that spreads across multiple mediums such as music, film etc. It is an activity practiced by many people of all ages across the world.

Many people have credited skateboarding for their success in life. It's broken barriers all around the world. It has even made positive changes in the lives of at-risk youth in communities all over. It is but an expression of one's freedom and builds character.

Session outcomes

By the end of the session, the participants should know:

- What skateboarding is
- The different types of skateboarding
- Components and functions

Toolbox

- Skateboards

Discussion

- Discuss what the act of skateboarding is
- Discuss the different types of skateboarding and where they take place (Street – Skate park/Flat smooth surface; Vert – Vert Ramp; Park – Skate Park)
- Discuss each component that a skateboard consists of and its function/purpose (wheels – polyurethane - responsible for rolling)

Activity guide

- Divide the participants into three groups
- Each group gets to choose an aspect of skateboarding that they will present
- Allow each group to present to one another
- Allow the other groups to ask questions
- Continue until all each section has been covered

Wrap up

- Ask for feedback on what they have learned



Lesson 1.2: Intro to Skateboarding – Benefits, Dress Code and Stance

Facilitators Corner

Skateboarding teaches many skills one needs to hone to be successful and interact with the everyday struggles. It is a perfect tool to create social cohesion and teaches us to dismiss the ideas and practices of discrimination and judgment of our fellow man. It enforces decision-making skills and motivation for success, to name a few.

It challenges you mentally and physically and, in doing so, creates awareness of one's health. It can be practiced in a number of environments.

The identity a skateboarder takes on speaks a lot to their taste and their form of expression whilst skating and also do so comfortably and confidently.

Session outcomes

By the end of the session the participants should know:

- The benefits of skateboarding
- The proper dress code for skateboarding

Toolbox

- Skateboards

Discussion

- Discuss the benefits of skateboarding (Physical – Fitness; Mental – Decision making skills; Social – New friends; Other – Mode of Transport)
- Discuss the proper attire to be worn when skating and its importance (casual – sweater, pants, skate shoes – comfortably)

Activity guide

- Divide the participants into 2 groups
- Each group gets to choose an aspect of skateboarding that they will present
- Allow each group to present to one another
- Allow the other groups to ask questions
- Continue until all each section has been covered

Wrap up

- Ask for feedback on what they have learned



Lesson 1.3: Intro to Skateboarding – Safety Equipment

Facilitators Corner

The importance of the use of safety equipment cannot be stressed enough, especially for new and beginner participants. The purpose of safety equipment is to prevent serious injuries.

The safety equipment ranges from helmets, elbow pads, knee pads and wrist guards. Before making use of your safety equipment, it must be in proper condition. Using the equipment will not guarantee complete prevention of injury; in this case, one must learn how to fall and absorb impact with momentum.

Session outcomes

By the end of the session the participants should know:

- What safety equipment is used
- The purpose of the safety equipment

Toolbox

- Skateboards
- Safety Equipment

Discussion

- Discuss the importance of safety equipment (Prevent Injury etc.)
- Discuss the different safety equipment used for skateboarding (Helmets, pads, gloves, athletic shoes etc.)
- Discuss the importance of knowing how to protect yourself (Prevent injury etc.)
- Demonstrate the correct manner of how one would wear the safety equipment (properly strapped equipment)
- Discuss the following safety tips for using your skateboard:
 - Give your board a safety check each time before you ride.
 - Always wear safety gear.
 - Always wear appropriate footwear.
 - Never ride in the streets.
 - Obey the city laws, observe traffic and areas where you can and cannot skate.
 - Don't skate in crowds of non-skaters.
 - Only allow one person per skateboard.
 - Never hitch a ride from a car, bicycle, and so forth.
 - Don't take chances; complicated tricks require careful practice and a specially-designated area.
 - Learn to fall: practice falling on a soft surface or grass.



Activity guide

- Divide the participants into two groups
- Have each group form a line facing one another
- Each participant will have the opportunity to put on and remove the safety equipment. After the removal of the safety equipment, the participants must pass it on behind themselves and sit down. The team that completes the activity correctly and in the shortest amount of time are the “winners”.

Wrap up

- Ask for positive and negative feedback on the activity



2. Navigating Your Skateboard

Lesson 2.1: Navigating Your Skateboard - Pushing, Rolling, Stopping and Bailing

Facilitators Corner

In this section, we will focus on learning how to balance yourself on a skateboard.

We begin the process of learning how to push, roll and stop. Learning to push and roll shows progress as you are now adding momentum; this will challenge your skills to balance yourself on a skateboard and therefore you need to know how to bail correctly.

Session outcomes

By the end of the session the participants should know:

- Proper foot placement
- The correct stance/how to balance on a board
- How to push correctly
- How to stop correctly
- How to bail correctly

Toolbox

- Skate park
- Skateboards
- Safety equipment
- 4 Cones

Discussion

- Demonstrate the technique of how one pushes and rolls. Stand on the board, looking forward. Feet over the wheels, knees slightly bent and body facing the direction you are going towards. Step off with your back foot forward, while turning your front foot towards the nose. Keep your weight over the board. Bend your front knee and push off with your back foot. As you begin to roll, turn back into your standing position. After rolling, attempt to push again.
- Demonstrate how you stop. As you prepare to stop, turn your front foot towards the nose. Turn your upper body toward the direction you are traveling. Put out your back foot and place it gently on the ground. Use your heel to gently increase pressure to slow down or stop completely.
- Demonstrate how to run out correctly. Begin by placing the skateboard on a surface where it would not roll, step out to the front and slightly to the side of the skateboard with your back foot as you attempt to run in the direction the skateboard is travelling. Remember to keep momentum when stepping off the board. Continue to run until you can stop.
- Demonstrate the bailing method. Drop the leading shoulder and roll as you ball up your



body in order to absorb the shock.

Activity guide

- Place the cones in a square with great distance between them.
- Line up the participants
- Give each participant an opportunity to push, roll and stop from the first cone to the second
Push, roll and run off from the second cone to the third
- And push, roll and bail from the third cone back to the first cone
- When reaching the end, the participant must allow the next one to go

Wrap up

- Ask for positive and negative feedback
- Ask for feedback on what they have learned



Lesson 2.2: Navigating Your Skateboard – Turning and Carving

Facilitators Corner

Learning to steer a skateboard can seem challenging, but it is simpler than you believe. It is important to learn how to navigate yourself on your board. This will come in handy when charging through obstacles to do a trick and help evade crashing.

Session outcomes

By the end of the session, the participants should know:

- How to carve and turn their skateboard
- How to properly distribute weight in order to navigate

Toolbox

- Skate park
- Skateboards
- Cones

Discussion

- Discuss Carving (Start by rolling at a comfortable speed, distribute your weight on the edges of the board with your toes or heels, maintain your centre of gravity over the board, lean on either side that you are turning while looking towards the direction you are turning and not the board)
- Discuss the difference between carving and turning (carving = leaning; Turning = raising the nose to place down in the intended direction)
- Discuss different scenarios in which these methods are used (carving = transitions; Turning = Flat ground/immediate change in direction)

Activity guide

- Line up the cones a metre and half apart from one another.
- Line up the participants as well
- Give each participant an opportunity to navigate themselves through the cones, around the last cone and back
- When one participant finishes, he must tag the next participant, in order for them to have their turn Complete this exercise till all the participants has had multiple opportunities to complete the exercise and feel comfortable with turning

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned



Lesson 2.3: Navigating Your Skateboard – Tick Tack and Manuals

Facilitators Corner

The final lesson of the foundation phase is tick tack and manuals, both being skills needed on a skateboard, but differ in ways of importance.

Tick tack's would be to gain momentum whereas manuals focus on balance.

Session outcomes

By the end of the session, the participants should know:

- How to tick tack
- How to manual
- How to distribute weight on your board

Toolbox

- Skate park
- Skateboards
- Safety equipment
- 3 Cones

Discussion

- Discuss the importance of learning tick tacks (eg. easy method to gain momentum, can also be used to change direction)
- Demonstrate the tick tack method (Begin by pushing off and placing your front foot behind the front bolts and back foot in the centre of the tail, slightly putting weight on your tail with your toes or heels. As the board lifts, place it back on the ground either on your left or right while turning your torso in the direction you are going. Alternate between left and right till momentum is gained.)
- Discuss the importance of learning to manual (eg. improve balance)
- Demonstrate a manual (Start by rolling at a comfortable speed, place your back foot on the centre of the tail and your front foot behind the front bolts, lift the nose of the board by putting weight on the tail, do not let your tail touch the ground by maintaining your centre of gravity over the back truck. Try to hold the manual as long as possible.)

Activity guide

- Line up the cones, each being a moderate distance from one another.
- Line up the participants as well.
- Give each participant an opportunity to navigate themselves through the cones.
- Pushing between the first cone and the second cone, and tick tacking between the following two cones. When one participant reaches the end, she/he must return to the start by doing



a manual between the last two cones.

- Complete this exercise till all the participants have had multiple opportunities to complete the exercise and feel comfortable with the process.

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned



BEGINNERS PHASE

3. Rules and Etiquette

Lesson 3.1: Rules and Etiquette – Rules of the Skate Park

Facilitators Corner

Before attempting to skate in any park, one must be aware of the following guidelines to ensure fun and safety for all those using the skate park.

Session outcomes

By the end of the session, the participants should know:

- How to conduct themselves on and around the skate park

Toolbox

- Skate park
- Skateboard

Discussion

- Discuss the importance of rules within the skate park (coordination, effective and fun skate sessions, safety etc.)
- Discuss important factors to remember when skating in the park (Make use of safety equipment, do not attempt to skate in the park until you have gained confidence in balancing and controlling a skateboard, know the bailing and falling techniques, be aware and courteous of other skateboarders in the park etc.)
- Discuss the “don’ts” of the park (swearing, smoking, littering, damaging obstacles)
- Discuss the “do’s” of the park (mutual respect, teamwork, cleaning etc.)

Activity guide

- Divide the participants into groups of 4
- Each group will get the opportunity to discuss 3 “do’s” and 3 “don’ts” that they think is important when being in a skate park

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned



Lesson 3.2: Rules and Etiquette – Walk through terrain/identify obstacles

Facilitators Corner

It is important to be visually aware of all things in a skate park, especially when being used by multiple skateboarders. Walk through the park to make yourself aware of possible danger zones or areas you would prefer to skate.

Session outcomes

By the end of the session, the participants should know:

- How to assess a terrain for skating
- Different obstacles

Toolbox

- Skate park

Discussion

- Discuss the importance of assessing the terrain you plan to skate (prevent collision, prevent injury etc. Discuss the 10 rules of the skate park (pg36)
- Give examples of things to be aware of in the skate park (rocks, holes, coping, angle of transition, materials, state of obstacles etc)

Activity guide

- Divide the participants into smaller groups.
- Allow each group to do a walk around the park for 1-2 minutes
- After all the groups have finished, each group must report back on their findings

Wrap up

- Ask for feedback regarding the activity



Lesson 3.3: Rules and Etiquette – Traffic patterns and blind spots

Facilitators Corner

When skating in an environment that is shared or crowded, it is important to take note of the patterns other skateboarders travel. This could determine the easiest pattern to fall into as it is generally used more often than others. Other patterns could arise depending on regular or constant use of other skateboarders making use of the space. Be sure to look out for blind spots, the area in which your vision is obstructed.

It is important to wait your turn and not “snake” one another as it is frowned upon. Snaking is a term used to describe cutting in line or order. Remember, first come, first serve.

Session outcomes

By the end of the session, the participants should know:

- How to determine travelling patterns
- How to determine blind spots

Toolbox

- Skate park
- Cones

Discussion

- Discuss why it is important to be aware of the patterns used in a certain environment (prevent injury, prevent collision, prevent misunderstandings, prevent snaking, control the order and create efficiency, have fun)
- Discuss what a blind spot is (the area where a person's view is obstructed)
- Give examples of blind spots around the park (eg, if my stance is Goofy and I'm traveling towards the rail, my vision on my right is blocked by my shoulder.)

Activity guide

- Place the cones in a square roughly a metre apart, with one cone in the centre
- Divide the participants into 2 groups
- Have each group line up behind two of the four cones opposing each other
- Have two participants opposite one another walk towards the centre cone
- As they walk towards the cone, they must make use of hand signals and announce in which direction they plan to go.
- Continue until everyone has had an opportunity

Wrap up:

- Ask for feedback regarding the activity



4. Teaching Skills

Lesson 4.1: Teaching Skills – Pumping and Kick turns

Facilitators Corner

Pumping and turning skills are used mainly in transition skateboarding as it combines the basic principles to gain momentum and direct your motion.

Session outcomes

By the end of the session, the participants should know:

- How to pump
- How to kick turn

Toolbox

- Skate park
- Skateboard
- Safety equipment
- Cones

Discussion

- Discuss what pumping is (Pumping is the term used to describe how one creates momentum by bending your knees while riding up transition.)
- Demonstrate what pumping is (Roll up towards the obstacles and as you approach the curve of the transition, bend your knees and push yourself up. As you roll towards the coping, bend your knees. Now as you roll down, fakie, pump again as you descend.)
- Discuss what kick turns are (Kick turns are performed when one reaches the apex of the obstacle and pivots 180° backside or frontside. To perform this, one must be comfortable with the pivoting technique.)
- Demonstrate a kick turn (Start off by riding at a comfortable speed towards the quarter pipe/bank, pump as you ride up, and as you reach the apex, lift your nose slightly off the ground and turn around either left or right. Turn until you have completed a full 180°. Use your shoulders to help you turn. Ride away smoothly and remember to pump again when moving off the transition.)

Activity guide

- Choose either a bank or quarter pipe to learn these skills
- Line up the participants and allow them each the opportunity to pump and perform kick turns. Allow them to go one at a time and for multiple times.



Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned



Lesson 5.1: Teaching Skills – Dropping In

Facilitators Corner

Dropping in is an important skill needed when making use of a skate park. It is generally performed on transitions as their structure declines downwards. Pumping is also important when dropping in, as it gives you more momentum than just dropping in.

Session outcomes

By the end of the session, the participants should know:

- Proper foot placement
- Weight distribution

Toolbox

- Skate park
- Skateboard
- Safety equipment

Discussion

- Discuss what dropping in is (it is the physical activity of starting from the top of a transition and riding the skateboard down the transition till you've reached the bottom)
- Demonstrate what Dropping in is (Place the tail of the board onto the coping with your board over the transition. As you start to drop in, place your front foot onto the bolts of the top of the board and lean into the transition with your front shoulder while bending your knees. As the front wheels hit the ground, keep your knees bent and stay centred over the board, and keep your weight forward as you ride down the transition)

Activity guide

- Divide the participants into two groups
- Divide the transition into two sections
- Have the participants practice dropping in until they have tried multiple times and are comfortable.

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned



Lesson 5.2: Teaching Skills – The Stationary Ollie

Facilitators Corner:

An Ollie is considered the fundamental skill needed to perform tricks and navigate different terrains and obstacles. To perform an Ollie means to snap the tail of the board onto the ground with enough force, jumping up into the air and controlling the board by using his feet.

Session outcomes

By the end of the session, the participants should know:

- Proper foot placement
- Timing
- Balance
- Simultaneous coordination of multiple physical movements

Toolbox

- Skate park
- 1 Skateboard
- Safety equipment

Discussion

- Discuss what an Ollie is (using your tail to pop off of the ground while jumping and controlling the board with your feet)
- Demonstrate what an Ollie is (Begin by standing on the deck with the ball of your back foot on the tail and your front foot centred between the trucks. Bend your knees and crouch to prepare to jump into the air, and as you jump, pop the tail against the ground and slide your front foot forward towards the nose to level the board with the ground. When you reach the apex of the Ollie, begin to straighten your legs and push the board towards the ground. As you land, bend your knees to absorb the impact.)

Activity guide

- Line up the participants
- Allow each of them the chance to try to Ollie while standing still
- Allow them multiple opportunities to perform an Ollie

Wrap up:

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned



Lesson 5.3: Teaching Skills – The Rolling Ollie

Facilitators Corner

Once you are comfortable with the Stationary Ollie, you can try adding momentum. Meaning, performing an Ollie while rolling on your board. It requires you to be comfortable rolling on your board and being comfortable with the stationary Ollie.

Session outcomes

By the end of the session, the participants should know:

- Proper foot placement
- Timing
- Balance
- Simultaneous coordination of physical movements

Toolbox

- Skate park
- 1 Skateboard
- Safety equipment
- Cones

Discussion

- Discuss how doing an Ollie while rolling can better impact your skateboarding (speed decreases the energy used to pop, can navigate up and around obstacles, can go higher etc.)

Activity guide

- Place 2 cones apart from each other
- Line up the participants at the first cone
- Allow them individually to try to Ollie while rolling between the two cones
- When they reach the end, they must turn around and perform another Ollie
- Allow them multiple opportunities to perform an Ollie

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



INTERMEDIATE PHASE

6. Skateboarding Orientation

Lesson 6.1: Skateboarding Orientation - Definition of Skateboarding Disciplines or Styles

Facilitators Corner

Skateboarding by nature does not follow a distinct method to acquire the skills needed. In this phase, skateboarding becomes an inherently creative process that cannot be defined by a right or wrong way to skate or progress. Once skaters have gained the basic skills, they can further explore the nature of their skateboarding.

Session outcomes

By the end of the session, the participants should know:

- Different Styles of skateboarding
- Where they are performed
- What makes them different

Toolbox

- Skate park
- 5 A4 white pages
- Markers

Discussion

Discuss the different disciplines/styles of skateboarding:

- Freestyle: The term freestyle can be applied to any type of skateboarding where skateboarders perform a variety of techniques or tricks using only a skateboard and a flat surface
- Downhill: The term “downhill” simply means to skate downhill. It is a skateboarding past-time to ride down (“bomb”) hills. There are even competitions for the discipline.
- Slalom: It incorporates the same type of competitive scenarios as downhill, but skaters must turn or weave through cones or similar obstacles
- Vertical: This discipline is referred simply as “Vert” and incorporates half pipes, quarter pipes, bowls and similar transition.
- Street: This refers to skateboarding done in, on, or around natural architecture features in urban settings. Modern street skateboarding incorporates curbs, wheelchair ramps, handrails, stairs etc. and can also be performed in a skateboarding facility, eg. Plaza, Skate Park etc.



Activity guide

- Use the markers and label each A4 page with a skateboarding discipline/style
- Place the labels in front of the participants
- Have each participant individually choose which skateboarding discipline/style they prefer and stand behind that label
- After all the participants have chosen, ask each group why they have chosen this skateboarding discipline/style based on the following factors (Interests, Physical Ability, Fear etc.)
- Explain the factors that influence the choosing of a skateboarding discipline/style

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 6.2: Skateboarding Orientation – Skate Park Features and Obstacle Preferences

Facilitators Corner

It is important to have knowledge of obstacles constructed for skateboarding. It could help you perform tricks better and correctly. It could even further develop your skills as a skateboarder, depending on the style and preference of the skater.

Session outcomes

By the end of the session, the participants should know:

- The different skate park features/obstacles

Toolbox

- Skate park
- 4 A4 White Pages
- Markers

Discussion

Discuss the different types of skate park features/obstacles:

- Ramp: a ramp is a diagonal ramp that you can go up and down on.
- Flat Rail: a rail that doesn't go down, but stays straight, mainly low for ease when practicing.
- Down Rail: similar to a flat rail but declining from a high surface to a lower surface.
- Ledge: a flat top surface with an edge for grinding and sliding on.
- Down Ledge ("Hubba"): similar to a ledge but instead declines diagonally.
- Halfpipe: a space between two diagonal transitions, with coping along the upper ramp of the half pipe runs.
- Quarterpipe: one half, diagonal transition with coping, of a halfpipe.

Activity guide

- Use the markers and label each A4 page with an Obstacle (Rail, Ledge, Quarter Pipe, Ramp). Place the labels in front of the participants
- Have each participant individually choose which obstacles they prefer and stand behind that label. After all the participants have chosen, ask each group why they have chosen this obstacle based on the following factors (Interests, Physical Ability, Fear etc.)
- Explain the factors that influence the choosing of a skateboarding discipline/style

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 6.3: Skateboarding Orientation – Trick Outline

Facilitators Corner:

In this phase, the focus is driven by teaching fundamental skills needed to take your skateboarding further. Learning these basic skills will open the possibilities of what is possible on a skateboard.

Session outcomes

By the end of the session, the participants should know:

- Various skills needed to manoeuvre a skateboard

Toolbox

- Skate park
- 4 Cones
- 1 Skateboard

Discussion

Discuss the different tricks and the skill each focuses on:

- Pop Shove-it: Pop shove-it is a trick whereby you turn the board 180° with your feet while your body remains in the same direction _ (Begin by standing in your Ollie position. Turn your back foot at a slight angle, with the ball of your foot in the pocket. As you pop, scoop your back foot backwards for the board to turn. Let it leave your front foot and attempt to catch it grip-side up. Bend your knees to take the impact and to maintain your balance)
- Frontside 180 Ollie: The 180° Ollie is a basic trick performed by popping and turning 180° with your board _ (Start by rolling at a speed you are comfortable with. Place your back foot in the pocket at an angle depending on which direction you want to turn. Place your front foot in an Ollie position. As you squat to Ollie, wind your shoulders up to help you turn. As you pop, scoop the board in the direction you wish to turn. Allow your front foot to further guide the board. Bend your knees as you land and continue to roll away smoothly)
- Fakie Ollie: Fakie is defined as riding in switch while popping with your front foot. It is simply doing tricks while riding in the opposite stance and popping with your front foot _ (Start off by rolling at a comfortable speed in your opposite stance, Switch. Place your front foot on the nose and your back foot before the back truck. Crouch down, and as you rise, pop the nose with your front foot. As you pop the board, slide your back foot backwards to level out the board. Once the board is parallel to the surface. Bend your knees when you land.)

Activity guide

- Demonstrate the correct way to perform these tricks
- After the demonstration, the instructor must clearly display to the participants proper foot



placement and stance

- Place three cones in a line apart from one another
- Have the participants line up behind the first cone
- The participant must take their board and place it in the middle of the first and second cone.
- The participant must perform the trick, standing still, between these cones
- After trying the trick standing still, the participant must try it rolling between the second and last cone.
- After performing the trick twice, both rolling and standing, they must return to the line and allow the next participant to try.

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



7. Trick Outline

Lesson 7.1: Trick Outline – Transition – Axle Stall

Facilitators Corner

Axle stalls are often the first lip trick skateboarders learn on transition because of its importance when seeking to progress.

Session outcomes

By the end of the session, the participants should know:

- Proper foot placement and bodily position
- How to control speed when skating transition
- Board control when skating transition

Toolbox

- Skate park
- 1 Cone
- 1 Skateboard

Discussion

- Discuss what an axle stall is: when a skateboarder rides up and turns at the top of a ramp or transition and then stalls (stops momentarily) with the axles of the skateboard resting on the lip before riding down again
- Discuss and demonstrate how an axle stall is performed: Ride towards the lip with a moderate amount of speed. Begin to turn as if you were to do a backside grind, but stand up straight as you reach the top of the lip. When you feel the back truck touch the coping, lean back slightly on your heels and attempt to stand or stall on the coping. As you pivot on the back truck, place the front truck on the coping and pause for a short moment. Drop back into the transition by leaning in and pivoting on the back truck as you steer the nose of the skateboard around and down toward the flat bottom. Keep your weight over your toes as you pivot and guide the board down the transition.

Activity guide

- Demonstrate the correct way to perform an axle stall
- After the demonstration, have the participants line up behind a cone across from the quarter pipe
- Allow each participant to go one at a time and try to perform an axle stall
- Allow each participant multiple opportunities to attempt an axle stall



Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 7.2: Trick Outline – Transition – Rock to Fakie and Rock-n-Roll

Facilitators Corner

Rock to Fakie and Rock-n-Roll are fun basic tricks that can be learned and performed on transition obstacles. Learning this can create various combinations as you progress.

Session outcomes

By the end of the session, the participants should know:

- How to control speed on transition
- How to distribute weight

Toolbox

- Skate park
- 2 Cones
- 1 Skateboard

Discussion

- Discuss how to perform a Rock to Fakie: Ride up the transition with enough speed to reach the lip. As you approach the lip, extend the front truck over the lip while keeping your weight low. When you feel the rail of the skateboard touch the lip or coping, lift the front of the skateboard up and begin to shift your body weight over the back truck as you roll backwards toward the bottom of the transition.
- Discuss how to perform a Rock-n-Roll: Ride up the transition with enough speed to reach the lip. As you approach the lip, extend the front truck over the lip while keeping your weight low. As the rail of the skateboard touch the lip or coping, slowly turn your shoulders backside. As you lift the front of the skateboard up and begin to shift your body weight over the back truck, pivot 180° and roll away.

Activity guide

- Demonstrate how to perform these tricks
- After demonstrating, place two cones apart from one another across a quarter pipe
- Divide the participants into two groups and place each group behind a cone
- Designate which group would be doing Rock to Fakie and which group would be doing Rock-n-Roll
- After each group has completed their assigned trick, they must swap
- Allow the participants enough time to correctly attempt each trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 7.3: Trick Outline – Grinds and Slides – Backside Boardslide

Facilitators Corner

Backside boardslide's are generally the first slide trick learned as beginners who are capable of doing frontside 180°s would gravitate towards it. It is done by sliding the bottom of the skateboard deck, between the trucks and wheels, across the surface of an obstacle.

Session outcomes

By the end of the session, the participants should know:

- The correct foot placement
- How to control balance while sliding

Toolbox

- Ledge/Rail (Preferably Beginner size)
- 1 Cones
- 1 Skateboard

Discussion

- Discuss the importance of balance when performing a slide trick: it is very important to maintain balance when sliding. Leaning forward can allow the board to slip out behind you, causing you to launch forwards. Leaning backwards can cause the board to slip out in front of you, launching you backwards. It is important to bend your knees, this gives you more control over your board.
- Demonstrate and discuss how to perform a boardslide: Begin by riding parallel to the ledge/rail at a moderate speed with your back facing toward the ledge/rail. As you approach the end of the ledge/rail, perform an Ollie and turn your upper body 90° so that you are now facing forward. When you perform the Ollie, begin to turn the board as you attempt to land with the middle of the board centred over the lip of the ledge/rail. As you begin to slide forward, lean back slightly and keep your weight evenly distributed. As you approach the end of the lip, quickly turn your entire body forward 90° and bend your knees to absorb the landing. As you land, continue to ride in the same direction as the board slide.

Activity guide

- Place 1 cone in front of the obstacle (small ledge or rail)
- Allow each participant the opportunity to attempt to boardslide
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 7.4: Trick Outline – Grinds and Slides – Frontside 50-50

Facilitators Corner

Frontside 50-50's are performed when you grind an obstacle with both your front and back trucks grinding on the coping. Frontside 50-50's are generally easier to learn, as learning this trick requires you to aim for the coping.

Session outcomes

By the end of the session, the participants should know:

- The correct foot placement
- How to control balance while grinding

Toolbox

- Ledge/Rail (Preferably Beginner size)
- 1 Cones
- 1 Skateboard

Discussion

- Discuss the importance of balancing while grinding (it is very important to maintain balance when sliding. Leaning forward can allow the board to slip out behind you, causing you to launch forwards. Leaning backwards can cause the board to slip out in front of you, launching you backwards. It is important to bend your knees, this gives you more control over your board.)
- Demonstrate and discuss how to perform Frontside 50-50 grinds (Begin by rolling parallel to the ledge/rail at a comfortable speed. As you prepare to Ollie, look toward the landing and focus on where you want to grind. Perform an Ollie and bend your knees as you come down to land in a grind. Maintain balance as you grind and try to look in the direction you are going. As you feel yourself slow down or approach the end of the ledge, straighten your legs and work to keep the deck levelled with the ground. When you hit the ground, bend your knees to absorb impact.)

Activity guide

- Place 1 cone in front of the obstacle (small ledge or rail)
- Allow each participant the opportunity to attempt to boardslide
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 8.1: Trick Outline – flat ground – frontside pop shove-it, backside 180

Facilitators Corner

These tricks may differ but contain the same principle needed as their opposing tricks. i.e. the same skill needed to scoop a backside pop shove it can be learned to be done frontside, the opposing direction.

Session outcomes

By the end of the session, the participants should know:

- Various skills needed to manoeuvre skateboard

Toolbox

- 2 Cones
- 1 Skateboard

Discussion

Demonstrate and discuss how to perform:

- Frontside pop shove it _ (Begin by standing in your Ollie position with your front foot across the wheels and trucks. Turn your back foot at a slight angle, with the ball of your foot in the pocket. As you pop, scoop your back foot forwards in order for the board to turn. Let it leave your front foot and attempt to catch it grip-side up. Bend your knees to take the impact and to maintain your balance.)
- Backside 180 _ (Start by rolling at a speed you are comfortable with. Place your back foot in the pocket at an angle depending on which direction you want to turn. Place your front foot in an Ollie position. As you squat to Ollie, wind your shoulders up to help you turn. As you pop, scoop the board in the direction you wish to turn. Allow your front foot to further guide the board. Bend your knees as you land and continue to roll away smoothly.)

Activity guide

- Use the cones to designate a space within which you can move
- Allow each participant the opportunity to attempt a frontside pop shove it from the first cone to the second
- After reaching the second cone, the participant must turn around and attempt a backside 180 ollie before reaching the starting point again
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up:

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 8.2: Trick Outline – Grinds and Slides – Frontside Boardslide

Facilitators Corner

Frontside boardslides are similar to backside boardslides as it is also done by sliding the bottom of the skateboard deck between the trucks and wheels across the surface of an obstacle. Frontside boardslide differs in the direction in which you are travelling towards the obstacle and sliding.

Session outcomes

By the end of the session, the participants should know:

- The correct foot placement
- How to control balance while sliding

Toolbox

- Ledge/Rail (Preferably Beginner size)
- 1 Cones
- 1 Skateboard

Discussion

- Discuss the importance of balance when performing a slide trick: it is very important to maintain balance when sliding. Leaning forward can allow the board to slip out behind you, causing you to launch forwards. Leaning backwards can cause the board to slip out in front of you, launching you backwards. It is important to bend your knees, this gives you more control over your board.
- Demonstrate and discuss how to perform a frontside boardslide: Begin by riding parallel to the ledge/rail at a moderate speed with your front facing toward the ledge/rail. As you approach the end of the ledge/rail, perform an Ollie and turn your upper body 90° so that you are now moving forward, looking over your shoulder. When you perform the Ollie, begin to turn the board as you attempt to land with the middle of the board centred over the lip of the ledge/rail. As you begin to slide, keep your weight evenly distributed. As you approach the end of the lip, quickly turn your entire body forward 90° and bend your knees to absorb the landing. As you land, continue to ride in the same direction as the board slide.

Activity guide

- Place 1 cone in front of the obstacle (small ledge or rail)
- Allow each participant the opportunity to attempt to perform a frontside boardslide
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 8.3: Trick Outline – Grinds and Slides – Backside 50-50

Facilitators Corner

Backside 50-50's are similar to frontside 50-50's as they are also performed when grinding an obstacle with both your front and back trucks on the coping. This requires slightly more skill as the direction in which you are travelling is behind you.

Session outcomes

- By the end of the session, the participants should know:
- The correct foot placement
- How to control balance while grinding

Toolbox

- Ledge/Rail (Preferably Beginner size)
- 1 Cones
- 1 Skateboard

Discussion

- Discuss the importance of balancing while grinding (it is very important to maintain balance when sliding. Leaning forward can allow the board to slip out behind you, causing you to launch forwards. Leaning backwards can cause the board to slip out in front of you, launching you backwards. It is important to bend your knees, this gives you more control over your board.)
- Demonstrate and discuss how to perform Backside 50-50 grinds (Begin by rolling parallel to the ledge/rail at a comfortable speed. As you prepare to Ollie, look over your shoulder and aim for the coping. Perform an Ollie and bend your knees as you come down to land in a grind. Maintain balance as you grind and try to look in the direction you are going. As you feel yourself slow down or approach the end of the ledge, straighten your legs and work to keep the deck levelled with the ground. When you hit the ground, bend your knees to absorb impact.)

Activity guide

- Place 1 cone in front of the obstacle (small ledge or rail)
- Allow each participant the opportunity to attempt to Backside 50-50
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



ADVANCED PHASE

Lesson 9.1: Trick Outline – flat ground – Kickflip

Facilitators Corner

Kickflips are a fundamental technical trick that needs to be learned before moving on to more difficult tricks such as 360 flips. To perform this trick, you must be comfortable performing ollie's and have mastered the technique of dragging the front foot.

Session outcomes

By the end of the session, the participants should know:

- Various skills needed to manoeuvre skateboard

Toolbox

- 2 Cones
- 1 Skateboard

Discussion

- Discuss what kickflips are: (when a skater performs an ollie and kicks the skateboard with their feet as they flip the board 360 degrees sideways)
- Demonstrate and discuss how to perform a **Kickflip** _ (Start of by riding at a speed you are comfortable with. Place your back foot on the tail. Place your front foot in the Ollie position at an angle. Squat as if you were to Ollie. As you pop your tail, slide your foot upwards towards the corner of the board. Allow the board to finish the rotation, and when the board has rotated, aim for the bolts. Land and bend your knees to absorb the impact and maintain your balance.)

Activity guide

- Use the cones to designate a space within which you can move
- Allow each participant the opportunity to attempt to kickflip between the first cone to the second
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 9.2: Trick Outline – flat ground – Fakie Kickflip

Facilitators Corner

After mastering Kickflips, you can continue to try different variations of the trick. A Fakie Kickflip is one example of the possible variations of an Ollie Kickflip. It requires you to perform a kickflip while rolling and facing in the opposite stance.

Session outcomes

By the end of the session, the participants should know:

- Various skills needed to manoeuvre skateboard

Toolbox

- 2 Cones
- 1 Skateboard

Discussion

- Discuss what Fakie Kickflips are: (when a skater performs a Fakie ollie and kicks the skateboard with their feet as they flip the board 360 degrees sideways)
- Demonstrate and discuss how to perform a **Fakie Kickflip** _ (Start of by rolling in Fakie, at a speed you are comfortable with. Place your front foot on the nose and your back foot behind the bolts at an angle. Squat as if you were to pop a fakie ollie, and as you pop your nose, slide your back foot towards the corner of the board. Allow the board to finish the rotation and when the board has rotated, aim for the bolts. Land grip-side-up and bend your knees to absorb the impact and maintain your balance.)

Activity guide

- Use the cones to designate a space within which you can move
- Allow each participant the opportunity to attempt to fakie kickflip between the first cone to the second
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 9.3: Trick Outline – flat ground – Heelflip

Facilitators Corner

Heelflips are a fundamental technical trick needed to be learned before moving on to more difficult tricks such as Inward Heelflips. Heelflips are similar to Kickflips as they both require skill to flip the board similarly. In order to perform this trick, you must be comfortable performing ollies and have mastered the technique of dragging the front foot.

Session outcomes

By the end of the session, the participants should know:

- Various skills needed to manoeuvre skateboard

Toolbox

- 2 Cones
- 1 Skateboard

Discussion

- Discuss what Heelflips are: (when a skater performs an ollie and kick the skateboard with their heel as they flip the board 360 degrees sideways)
- Demonstrate and discuss how to perform a Heelflip _ (Start of by riding at a speed you are comfortable with. Place your back foot on the tail. Place your front foot behind the bolts. Using your front foot. Place the ball of your foot on the side of the board, allowing your toes to slightly hang off. Squat as if you were to Ollie. As you pop your tail, kick the board with the heel of your front foot. Allow the board to finish the rotation. When the board has rotated, aim for the bolts. Land grip side facing upwards and bend your knees to absorb the impact and maintain your balance.)

Activity guide

- Use the cones to designate a space within which you can move
- Allow each participant the opportunity to attempt to heelflip between the first cone to the second
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 9.4: Trick Outline – flat ground – Fakie Heelflip

Facilitators Corner

After learning Heelflip's, you can continue to try different variations. Fakie Kickflip is one example of the possible variations of an Ollie Heelflip. It requires you to perform a heelflip while rolling and facing in the opposing stance.

Session outcomes

By the end of the session, the participants should know:

- Various skills needed to manoeuvre skateboard

Toolbox

- 2 Cones
- 1 Skateboard

Discussion

- Discuss what Heelflips are: when a skater performs a Fakie ollie and kick the skateboard with the heel of their foot as they flip the board 360 degrees sideways)
- Demonstrate and discuss how to perform a **Fakie Heelflip** _ (Start of by rolling in Fakie, at a speed you are comfortable with. Place your front foot on the nose and your back foot in front of the bolts with your toes slightly hanging off. Squat as if you were to pop a fakie ollie, and as you pop your nose, using your heel, kick your back foot towards the corner of the board. Allow the board to finish the rotation, and when the board has rotated, aim for the bolts. Land grip side-up and bend your knees to absorb the impact and maintain your balance.)

Activity guide

- Use the cones to designate a space within which you can move
- Allow each participant the opportunity to attempt to fakie heelflip between the first cone to the second
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 10.1: Trick Outline – Grinds and Slides – Frontside 5-0

Facilitators Corner

Frontside 5-0's are performed when you grind an obstacle with only your back trucks grinding on the coping. Frontside 5-0's are generally easier to learn, as learning this trick requires you to aim for the coping.

Session outcomes

By the end of the session, the participants should know:

- The correct foot placement
- How to control balance while grinding

Toolbox

- Ledge/Rail (Preferably Beginner size)
- 1 Cones
- 1 Skateboard

Discussion

- Discuss the importance of balancing while grinding (it is very important to maintain balance when sliding. Leaning forward can allow the board to slip out behind you, causing you to launch forwards. Leaning backwards can cause the board to slip out in front of you launching you backwards. It is important to bend your knees, this gives you more control over your board.)
- Demonstrate and discuss how to perform **Frontside 5-0 grinds** (Begin by rolling parallel to the ledge/rail at a comfortable speed. As you prepare to Ollie, look toward the landing and focus on where you want to grind. Perform an Ollie and land with only your back truck on the coping as if you were doing a Manual. Maintain balance as you grind and try to look in the direction you are going. As you feel yourself slow down or approach the end of the ledge, straighten your legs and work to keep the deck levelled with the ground. When you hit the ground, bend your knees to absorb impact.)

Activity guide

- Place 1 cone in front of the obstacle (small ledge or rail)
- Allow each participant the opportunity to attempt to b
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.



Lesson 10.2: Trick Outline – Grinds and Slides – Backside 5-0

Facilitators Corner

Backside 5-0's are performed similarly to frontside 5-0's but differ in the direction and angle in which you ollie and grind. To perform a Backside 5-0. You must first be comfortable with Backside 50-50's.

Session outcomes

By the end of the session, the participants should know:

- The correct foot placement
- How to control balance while grinding

Toolbox

- Ledge/Rail (Preferably Beginner size)
- 1 Cones
- 1 Skateboard

Discussion

- Discuss the importance of balancing while grinding (it is very important to maintain balance when sliding. Leaning forward can allow the board to slip out behind you, causing you to launch forwards. Leaning backwards can cause the board to slip out in front of you, launching you backwards. It is important to bend your knees, this gives you more control over your board.)
- Demonstrate and discuss how to perform **Backside 5-0 grinds** (Begin by rolling parallel to the ledge/rail at a comfortable speed. As you prepare to Ollie, looking over your shoulder, try to focus on where you want to grind. Perform an Ollie and land with only your back truck on the coping as if you were doing a Manual. Maintain balance as you grind and try to look in the direction you are going. As you feel yourself slow down or approach the end of the ledge, straighten your legs and work to keep the deck levelled with the ground. When you hit the ground, bend your knees to absorb impact.)

Activity guide

- Place 1 cone in front of the obstacle (small ledge or rail)
- Allow each participant the opportunity to attempt to Backside 5-0
- Allow each participant multiple attempts or until they have accomplished the trick

Wrap up

- Ask for feedback regarding the activity
- Ask for feedback on what they have learned.