



## Beginner & Advanced Beginner Video Course Parts 1 & 2 Summary notes

### Equipment

**Try on skates** before you buy.

Choose recreational skates with a **heel brake**.

**Avoid:** Speed skates, Slalom skates, Hockey skates, Aggressive skates, Quads skates, skates with no brake

Go for **comfort and fit**.

### Protective Gear

**Knee pads** are larger than **elbow pads**. The wider part of the pad goes up your leg or arm.

**Wrist pads**, curved plastic part in the palm of your hand, long bit of the pad goes up your forearm.

### Skates

**Tight laces** from the bottom supporting all of the foot.

**Strap Tightness Test:** stand in Ready Position and bend knees until you feel the ankle strap supporting your shin bone and your weight on the balls of your feet. You must feel the ankle strap tightly making contact with your shin bone when knees are bent over the toes. Tighten up the top ankle strap to facilitate the correct amount of support.

### Where to skate

**Smooth, flat areas, devoid of obstacles** (sand, water, oil etc) or traffic.

**Slope Test:** (Ready position and step 'Round the Clock' to notice any slight slopes).

### Grass Preliminaries

**Ready Position** (Half knee bend / Full knee bend distinction). Shins pushing into ankle straps, one hands width apart, weight on the balls of the feet.

**V Position** Heels in, toes out at an angle of a perfect pizza slice, knees bent, centre edges of the wheels.

**T Position** (static and for turning around). Heel of one foot into instep of the other, 90 degrees, centre edges, knees bent.

## Basic Movement

### Practice Exercise Summary

- Static V steps into Ready Position (on the grass).
- Rolling V steps (fast tempo) into Ready Position (start with 3 steps, then 4 steps, then 5 steps etc).
- Continue the above increasing the number of steps consciously until you can do 10 skating steps without rising up, or losing control and get into Ready Position easily and comfortably.

### Common problems

- **Stepping forwards** March on the spot (like a soldier) and then gently V the skates without stepping forwards.
- **Slow motion tempo** Keep the tempo fast and do not lunge out on each skate. Fast, quick marching tempo is essential.
- **Lifting up in the knees when 'marching'** Remain down on the support knee while lifting the other skate.

## Heel Brake Stop

### Practice Exercise Summary

- Statics from Ready Position: Scissor (70/30), Brake on, Sit down.
- Half Scissor rolling (from Ready Position).
- $\frac{3}{4}$  Scissor rolling (from Ready Position).
- Full Scissor rolling.
- Full Scissor with tap.
- Brake on gently slide to a slow stop.
- Brake on (gently slide) and then sit down and lengthen Scissor Position.
- Begin to slowly increase speed and keep good form throughout.

### Common problems

- **Scissor too short when brake first goes on** Fully scissor with all 8 wheels on the ground until you reach a skate length in front and only then tilt the brake on. Focus on the back knee bend as you fully lengthen into Scissor.
- **Scissor too wide** Practice pulling the knees gently inwards towards each other as you Scissor. Notice if weight on the back skate shifts from the ball of the foot to the mid foot or heel, as this will create a widening Scissor.
- **Body leaning forwards on final sit down section** Keep the chest and shoulders up as you bend the back knee down for the final section.
- **No lengthening of Scissor in final section** This takes time to master and will only be achieved when the Scissor is comfortable and full length and the weight remains on the ball of the back skate throughout.

## A-Frame Turn

### Practice Exercise Summary

- Ready Position to rolling A Frame.
- A Frame with gentle alternate big toe push (right then left) – basic large slalom.
- A Frame Turn in one direction only until speed runs out. Slowly build up speed until you can roll all the way around a U shaped turn (180 degrees).

### Common problems

- **Knees coming up** Keep pushing shins into ankle straps as you push your big toe down.
- **A Frame getting narrow** Imagine the parallel train tracks and keep the stance wide.

## Skating Faster

### Practice Exercise Summary

- The four main focus points throughout:
  - Lower knee bend.
  - Longer push to the side.
  - Slower cadence (tempo).
  - Straight ahead regroup (V disappearing over time).
- Continuous Scooting on each leg (high numbers like 10), both side
- Continuous Scooting reducing numbers to 8s and 7s and 6s on each side
- Continuous Scooting reducing numbers to 5s and 4s on each side
- Lunge and Roll exercise (4-5 metres in Lunge Position)
- Slow Motion Exercise (long pause in Ready Postion)
- Slow Motion Exercise (less pause in Ready Position)
- Slow Motion Exercise (no pause in Ready Position): stylised and deliberate 'conscious' skating
- The above but more relaxed and looking like a seamless stride with no pauses

### Common problems

- **Support knee not bent enough and weight not on the ball of the support foot**
- **Pushing leg too wide** Reduce scooting to shoulder width only
- **Regroup in V Position and or too wide**
- **Support leg not on centre edge**

## Scissors and Safety

### Practice Exercise Summary

- Perfect the Half Scissor (slow speed, steering in straight line). Over time increasing the speed of the half Scissor
- 3/4 Scissor (slow speed increasing over time)
- Full Scissor (slow speed, increasing over time with straight line steering)

Whenever you are skating get into the habit of cruising in Scissor whenever you stop striding. Continue this practice indefinitely until you can Scissor so this will stay with you throughout your skating life and keep you and within your stopping limits.

## Parallel Turn

### Practice Exercise Summary

- Static corresponding edges and upper body rotation.
- Rolling scissor and tilt towards front skate - not going all the way round the turn, just drift off the straight line.
- Upper body rotation (when you have more than 90 degrees of the turn with edges alone). Rotate the outside arm.
- Adjust the size of turn with more knee bend, more edges and more body rotation. Start with larger easier turns and slowly train the turns to get tighter.

### Common problems

- **Scissor not ready yet** Your Parallel Turns are only as good as your Scissors. Make sure you are fully comfortable in a perfect Scissor Position for 15 metres and medium speed. Until this is achieved, keep practicing your Scissors observing the weight on the ball of the back skate throughout.
- **Scissor too wide or too short (or both)** Lack of Scissor fluency will lead to troublesome Parallel Turns. Go back and perfect your Scissors in straight lines and at higher speeds.