

8 Hour Skateboard Curriculum



Hour 1: Introduction

1. Equipment check
2. Parts of the skateboard and maintenance
3. Safety equipment and how to wear it
4. Skatepark etiquette

Hour 2: Falling and Body position

1. Ground drills to practice falling and body position
2. Foot position
3. Instill essential understanding of falling
4. Instill essential understanding of foot position

Hour 3: Pushing

1. Body position
2. Which foot do I push with?
3. How do I turn when pushing?
4. How do I keep from falling?

Hour 4: Turning

1. Carving Backside with all four wheels down
2. Carving Frontside with all four wheels down
3. Tic-Tac in backside and Frontside circles
4. 180 kickturns on flat ground, Fakie kickturns off a bank

Hour 5: Pumping for speed and balance

1. Pumping physics
2. Swing set demo
3. Pump down
4. Pump up

Hour 6: Advanced turning

1. Carving with speed
2. Powerslides
3. Carving on walls (flat and round)
4. Kickturning on walls (flat and round)

Hour 7: Basic tricks

1. Kickturn grinds
2. Tail drops
3. Ollies
4. Shove-its

Hour 8: Intermediate tricks

1. Curb grinds
2. Boardslides
3. Nose stalls/slides
4. Axle stalls