

INLINE SKATING



HISTORY

Inline skating was developed in 1981, when a hockey player from Minnesota, Scott Olson, developed a skate with a single row of wheels. The skate was designed so he was able to play hockey all year round. His original product, based on a 1966 patent by Morris Silver called *Super Sport Skate*, was marketed as Rollerblade. The sport of inline skating became more popular after the inception of the International Inline Skating Association (IISA), in 1991. The IISA helped to promote the sport and provide safety guidelines and rules of the road.

SAFETY

- Safety equipment must be worn at all times
 - Buckled helmet, wrist guards, elbow pads, and knee pads
- Skate within your ability
- Be seated when putting on skates
- Keep your hands out in front of your body when skating
- The top buckle should be tight around your foot
- Fall forward when falling down
- Never use a wall or other object to stop yourself
- Never hold, grab, or touch other skaters

SKATING PREPARATION

Equipment Procedure – knee pads, elbow pads and then wrist guards should be put on first followed by Helmet– Skates **MUST** be put on **last**.

Standing Up – kneel on both knees, then bring one foot up placing your knee in the middle of your chest. Place both hands just above your knee (thigh) then push yourself up off the ground

Ready Position – Have your knees slightly bent to allow your body weight to fall in the middle of the skate or towards the toes. Your head should be slightly forward and toes pointing straight ahead. Arms and hands should be in front of your body.

“V” Walk (a lead into strides) – Point your skates outward with your weight on the inside edges of your skates.

Elements of a Stride – Stroke and Glide

Stroke – pushing off with one skate by turning one foot outward and propelling forward

Glide - coasting or rolling with one skate in front of the other without pushing off

WAYS TO STOP

Heel/Brake Stop – when in the ready position, slide the right skate or braking skate at least one full skate length ahead of the left skate. Lift toe slightly and apply pressure to the heel by moving your head slightly over the right knee. The more pressure you apply the faster you come to a stop. This is the most important braking method to learn.

T-Stop – this stop is performed by dragging one foot perpendicular to the other (the dominant foot makes the “T” behind the front foot), while maintaining your body weight on the front foot.

WAYS TO TURN

A-Frame Turn – have your feet spread wider than shoulder width apart with both skates on inside edges. When making a left turn, apply pressure to the inside of the right foot. Your head should be in the middle of your body and shoulders with hips parallel. If your turning right, set up your body the same way applying pressure to the inside of your left foot.

Parallel Turn – to turn left bring your right foot forward in a straight line, rotate your upper body in the direction of the turn and lean in slightly. To turn right bring your left foot forward in a straight line, rotate your upper body in the direction of the turn and lean in slightly.

Crossover Turn – when approaching a turn you need to rotate your body in the direction of the turn and lean as far over as you can then cross the outside foot over the inside foot. As soon as the foot crosses over to become the forward foot, put all your weight on that skate pushing off the inside edge and pick the trailing foot off the ground.

The *four primary skills* in skating are:

B – balance/stance

E – edging

S – stopping

T – turning

Edges of the skate – The center edge, inside edge, outside edge