



Skate Instructor Training

Body of Knowledge

The below is the body of knowledge adapted for teaching roller skaters at the Kraken Courts and Skates venue.

Learn to skate curriculum (2-6 sessions)

- Establishing a Safe Space (at Kraken)
 - Identify teaching area, set up boundaries,
 - identify hazards,
 - establish high friction area for beginners
- Falling Safely
 - How to fall safely
 - How to prevent falling
- Stride development
 - Duck, penguin, sway, knee squeeze, glide
- Footwork / Stopping
 - Scissors, toe stop, corrections
 - Showcases a thorough skate move breakdown
- Balance / Edgework
 - Cones, swizzles, windshield wipers, slalom style fish
- Sharp Turning
 - Add scissors to fish,
 - forward foot in turning direction