



Maine Roller Derby

Training Manual.

Play Hard, Skate Hard.

Practice

Attendance (check off your name in the book)

Saturday: All Drills

Sunday: All Scrimmage

Tuesdays: 1/2 Drills 1/2 Scrimmage

5-10 minutes

Warm up. Skate around rink.

5-10 minutes

Stretch.

20-30 minutes

Endurance Drills. Our favorites.

20-30 minutes

Skills Drills.

30-40 minutes

Scrimmaging.

5-10 minutes

Cool Down.

5-10 minutes

Stretch

What is actually done each practice is up to the Trainer's discretion.

Thank you to Richmond Derby Demons, Boston Derby Dames, and all the postings on the Roller_girls and rollerderby_coaches yahoo lists for all their input.

Drill Objectives

Practice and drills are to build strength, agility and endurance. In addition to the skills you need for derby you need to build on your natural athleticism to make it through three twenty minute periods of a bout.

Basic Skill Requirements (see: Skater Requirements)

Stopping - Skater must come to a complete stop from a brisk pace, using proper form and without losing her balance.

Crossovers - Performs smooth crossovers while skating at a brisk pace going into and coming out of turns. Uses both feet to push during crossovers

Has the ability to propel self while keeping all eight wheels on the floor

Skater must perform the following falls safely, accurately, and naturally with quick recovery. Recovers within three seconds and without putting hands on the ground.

- Single Knee Falls
- Double Knee Falls
- Figure 4/Baseball Slide
- 180 Degree Turn Single Knee Fall

Squatting - While skating, and while propelling self with all 8 wheels on the ground.

Hopping - From one foot to the other. Also with both feet.

Table of Contents

Warmups	II
Basic Clockwise/Counter Clockwise Skating	II
Stretches	II
Upper Body	11
Triceps pulled across the chest	II
Triceps pulled over the head	II
Neck Stretch	II
Cobra	II
Lower Body Stretches	11
Hamstring	12
IT Band	12
Bent Leg Butt Stretch	12
Bridge Quad and Torso Reach	12
Seated Twist	12
Laying Torso Twist	12
Inner Thigh	13
Strength/Power	I3
Squats	13
Basic Squat Form	I3
Eight on the Floor	I3
Foot Tuck	I3

Low and Slow	14
Knee Drag & Recover	14
Alternating Lunge Steps	14
Cannonball/Shoot the duck	14

Partner/Skating Power Drills **14**

Wheelbarrow Pushes	14
Pulls	14
Group Pulls/Pushes	14
Shopping Cart	15
Starts	15
One Leg Glide	15
Duck Walk Start	15
Toe Stop Run	15

Stops **15**

T-Stop	15
Plow Stop	16
Toe Stop	16
Hockey Stop	16
Braking Problems and How to Correct Them...	16
When performing a T-Stop the skater spins backwards.	17
Crossover Turn	17

Weave Drills **17**

Eggshells/Figure Eights	17
-------------------------	----

One Leg Eggshells/Figure Eights	17
Wide Weave	18
Quick Weave	18
Scissors	18
Weaving with Cones/Obstacles	18
Last in line whips/weaving	18
Moving Balance Drills	19
One Leg Laps	19
Skating Backwards	19
Figure Eight Balance	19
Crossovers	19
Standing Crossovers	19
Grapevines	20
Normal Skating Crossovers	20
Corner Crossover Balancing	20
Circle Crossover Drill	20
Alternating Crossover Steps	21
Figure Eight Corners	21
Crazy Eight Skate	21
Backwards Crossovers	21
Turning	21
180 Degree Turn – Front to Back	21
360 Degree Turn – Front to front	21

Backwards Toe Stop	22
Whistle Turns	22
Follow the leader	22
Common Turning Problems and How to Correct Them...	22
Skater falls backwards during turn.	22
Backward Skating	22
Front-wards Back-wards	23
Mohawk Turn	23
Changing from backward skating to forward:	23
Connecting turns while skating backwards:	23

Quickness/Agility **23**

Quick Steps	23
Tiny Steps	24
Side Steps	24
Side Step Ball Pass	24
Texas Two-Step	24
Tandem Two-step	24
Two Step	24
Duck Walks	24
Circle speed drill	24

Jumping **25**

Basic Two Leg Hop	25
Basic One Leg Leap	25

Hop and Stop 25

Endurance 25

Short Distance aka Sprinting 25

Pace Drill 26

Last in Line 26

The Snake or The Worm 26

Lap the Line 26

Lap the Line (double) 26

Lap the Line (double) + Snake 27

Weaving + Blocking 27

Pyramids 27

Swedish Mile 27

Supermans 27

Jammer Hell 27

Stroke or Die 27

Pack Worm 27

Suicides 28

Pyramid Sprints 28

Interval Sprints 29

Hell 29

Race 29

Pacelines 29

Speed Changeups 29

80% vs. 100% Changeup	29
Pack Rotation	30
Combined Skill Endurance Drills	30
Whistle Falls/Sprints	30
Pair Falling Drill	30
Pack Falling Drill	30
Pack Hell	30
Falling Hell	31
Suicide Sprints	31
Basketball Drills	31
Falls	31
Basic Falls	31
One Knee Fall	31
Two Knee Fall	31
Four Point Fall	32
Blocking	32
Blocking – Basic to Advanced	32
Booty Block	32
Shoulder Block/Body Check	32
Body/Continual Push	32
Elbow Block	33
Super 3-Way Blocking Triangle of Death	33
Booty Blocking Cube of Pain.	33

Velcro Drill	33
Assists	34
Classic Whip	34
Underhand Whip	34
Pushes	34
Whippers/Whip-ees – Group Version	34
Whippers/Whip-ees – Partner Version	34
Lean-Assist Drill	34
Various Derby Skills	35
Jamming Drills	35
Skating the Track	35
Passing the star	35
Loose Panties	35
Identifying Your Jammer	35
Pass the panty relay	35
“Jammer Blocking Rhombus of Discomfort”	35
Pack Drills	36
Tight pack drill	36
Wheel Locking Drills	36
Packs and Jammers	36
David and Goliath	37
Tied Team Skate	37
Blood and Thunder	38

Queen of the Rink	38
Follow the Leader	38
Shark Tank	38
Dodge Ball	38
Capture the Flag	39
Red Light Green Light	39
Freeze Tag	39
Group Relays	39
Obstacle Course Ideas	39
Slalom Cones	40
Falls in Designated Location	40
Tight Square Options	40
Jumping	40
Limbo	40
Skills Tests and Benchmarks	40
Speed	40
Five Lap Time Trials	40
Two Minute Distance	40
Stopping	41
On a Dime	41
Timed Stop	41
Skills/Balance	41
Turns	41

Falls	41
Texas Two Step/Leaping Around Rink	41
Cone Weave	41
Suicides	41
Blocking	41
One on One	41

Sample Practice Drill Lineups **42**

Focus on Basic Skills	42
Lineup 1 - Basics	42
Lineup 2 – Balancing (A)	42
Lineup 3 – Explosive Power	42
Lineup 4 - Beginning Endurance	42
Lineup 5 – Balance (B)	42
Lineup 6 – Assists and Teamwork	43
Focus on Endurance, Quickness and Agility	43
Lineup 1 - Foundations	43
Lineup 2 – Challenge Each other (endurance and communication)	43
Lineup 3 – Strength	43
Lineup 4 –Power	43
Lineup 4 – Agility	44
Lineup 5 – Game Skills	44
Lineup 6 – Alertness	44

Warmups

In general, warm-ups should be 5-10 minutes of light skating, brisk walking, jumping rope or the like. You should be able to carry on a conversation without difficulty, but should break a sweat. This insures that the blood is pumping through your muscles and readies them for initial stretching. No abrupt or jolting moves should be done in warm-ups as this risks injury. Warm up skating is done before stretching.

Basic Clockwise/Counter Clockwise Skating

10 minutes of skating alternating between clockwise and counter clockwise every 2 minutes.

Stretches

In general, stretches are most beneficial when done for 3 sets of constant 30 seconds each. Do not bounce – this increases risk of injury. Also keep in mind that form is better than reach – make sure the stretch is in perfect form before pushing it farther.

Upper Body

Triceps pulled across the chest

Reach out your right arm in front of you. Swing it across your chest and hold in place with other arm for 30 seconds. Be careful not to hunch shoulders or neck. Repeat with the left arm.

Triceps pulled over the head

Reach out your right arm up to the sky. Bend your elbow so that your hand is by your neck. Use your other arm to pull your tricep for a good stretch. Again - be careful not to hunch shoulders or neck. Repeat with left arm.

Neck Stretch

Reach out your right arm out to the floor, but a little way away from your torso. Tilt your head to the left to feel the pull across the neck and right shoulder. To intensify this stretch, reach out to the floor more with your hand or add a head nod (front/back). Hold for 30 seconds. Repeat with left side.

Cobra

Lay on your stomach with your arms in a pushup position. Push up so that your hands support your upper torso and look towards the ceiling. Hold for 30 seconds. Turn your head right and left looking back at your feet to increase the stretch.

Lower Body Stretches

Hamstring

Lay on your back and kick one leg up to the ceiling, leaving the other leg bent with the knee to the ceiling. Use a strap (or the laces of your skates) to hold onto your foot and straighten the uplifted leg. Get the leg as straight as possible before pulling your foot closer to your head. Hold for 30 seconds, repeat 3x before moving onto the other leg. Use in conjunction with the Hamstring stretch outlined above, alternating Hamstring/IT Band on the same leg until 3 reps of each are done – then move onto the other leg.

IT Band

Lay on your back and kick your right leg up to the ceiling, leaving the other leg bent with the knee to the ceiling. Use a strap (or the laces of your skates) to hold onto your foot and straighten the uplifted leg. With your left hand, pull the strap across your body so that your foot is closer to the floor on the left side of your body. Hold for 30 seconds, repeat 3x before moving onto the other leg. Use in conjunction with the Hamstring stretch outlined above, alternating Hamstring/IT Band on the same leg until 3 reps of each are done – then move onto the other leg.

Bent Leg Butt Stretch

Lay on your back and kick your right leg up to the ceiling. Bend your left leg across your body. Use a strap (or the laces of your skates) to hold onto your foot and straighten the uplifted leg. With your left hand, pull the strap across your body so that your foot is closer to the floor on the left side of your body. Hold for 30 seconds, repeat 3x before moving onto the other leg. Use in conjunction with the Hamstring stretch outlined above, alternating Hamstring/IT Band on the same leg until 3 reps of each are done – then move onto the other leg.

This move can also be done sitting upright on the ground, one leg out straight on the floor, the other folded over the straight leg and leaning the torso over the legs. Reach for your feet, using the strap if necessary or to intensify the stretch.

Bridge Quad and Torso Reach

Sit on your knees and reach your right hand behind you. Drop down till your right elbow supports your upper body and your torso forms a bridge-like shape. Reach your left arm up over your head and look at the floor on the right side of you. Hold this pose for 30 seconds. Then switch your gaze to the ceiling, so that the stretch migrates a little. Hold this for 30 seconds, and then repeat on the other side.

Seated Twist

Sit straight up with your right leg out straight and the left knee bent up toward the ceiling. Place the left foot on the other side of your right thigh and use it as leverage to twist your torso to the left. Repeat with the other side.

Laying Torso Twist

Lie on your back and pull your knees up to your chest. Let them fall over to one side to the floor, and reach your arms out to the other side. Hold for 30 seconds, and repeat on the other side.

Inner Thigh

Start on your hands and knees. Let your legs flatten so your pelvis is closer to the floor and your feet are out (like a frog). Concentrate on getting a stretch in your inner thigh – don't bounce. Although bouncing looks super hot, it's an injury risk and should be avoided.

Strength/Power

Before blocking and high contact moves are performed, you must make sure that there is enough muscle mass around joints and bones to support heavy body checks and potentially dangerous falls. Below are some strength exercises to build muscle mass, which will protect you and help build power and speed in your stride.

Squats

All squats can be done on skates as well as off. Change up your routine to keep from getting bored. They can also be done standing still or skating around the rink.

Basic Squat Form

Stand with legs shoulder width apart. With your weight evenly distributed on your feet, squat down with your back straight as if you were holding yourself over a nasty toilet. Slowly raise up, making sure your knees never bend past your toes.

For the basic move, aim for 3 sets of 15 squats with excellent form – a set done with good form will do you more good than 10 sets that are sloppy.

Variations: Be sure to change up the way you do this move by incorporating different variations such as:

- Quick reps (but slow enough to keep good form)
- Slow reps
- Deep/Shallow/Deep pyramid working each section to exhaustion before moving up/down again
- One legged - work both right and left legs
- Try adding in leg kicks with the non-supporting leg – use all directions similar to ballet warm-ups: forward, backwards and out to the side

Eight on the Floor

Skaters draw a figure 8 on the floor with their wheels, bringing their feet together and apart. This warmup is important to strengthen the inner thighs and balance the muscles that develop from squats.

Foot Tuck

Moving at a fast pace, tuck one foot behind the other and do a squat. This one is tough and requires balance and confidence. Do both sides.

Low and Slow

Every time the trainer blows the whistle, you skate in a squat, bending at the knees, not the waist, in a blocker position, until she blows the whistle again. This drill builds up your leg muscles, gets you used to a strong, low blocking position (which makes it harder for girls to line you up for a hit or knock you over), teaches you balance, and you can practice being aware of what's going on behind you, a critical skill for the game.

Knee Drag & Recover

Skills Tested: Control

At the signal of your trainer, drop to one knee, then regain your stance and keep skating. This will teach you to control a fall by dropping down to one knee (which starts you into a slow skid), then picking up the knee to regain your position. Practice this with both knees. If you want to make it more interesting, at the signal of your trainer drop to one knee, spin to the opposite direction, then regain stance and skate in the opposite direction.

Alternating Lunge Steps

While skating around the track, at the blow of a whistle, start using each leg as if taking a large step. Continue while moving around the rink until the whistle is blown again. Normally this is done at 30 second intervals with brisk skating in between. Also can alternate with sets of squats.

Cannonball/Shoot the duck

Get down so that your butt is next to your skates. Then, pull your leg out and hold it with your hands. Skate as far as you can in this position.

Partner/Skating Power Drills

Wheelbarrow Pushes

Partner up and take turns pushing each other around the rink. Push your partner for about 2 minutes each and then switch. Be sure to stay low in your knees and take long, powerful strides.

Pulls

With a partner, take turns pulling each other around the rink. Pull your partner for about two minutes and then switch. Be sure to stay low to work on muscle strength and balance.

Group Pulls/Pushes

In groups of 6 or less take turns pulling or pushing the entire group. Each girl lines up behind another and the girl in the front of the group pulls the entire line around the length of the track. Do this for one minute and then the girl in the front of the line moves to the back and the next girl will pull the line for 1 minute. Do this with pushes also, only the girl will be moving to the front of the pack when her turn is done.

Shopping Cart

Pair up. The girl in front is the shopping cart and will be pushed by the girl behind her. The key is for the skater who is pushing to do so with her right hand only, and on the small of the back. The shopping cart will “steer” for the pusher as they go around the track, but will not propel herself; instead she will coast with all eight wheels on the floor. Going into the first turn, the shopping cart will coast on her LEFT SKATE ONLY, with the right leg extended out and back, as if in a stride. Coming out of the turn and into the straightaway, she will put her right skate back down and coast again, until the next turn. This drill will teach skaters how to “tag” and push, build strength, and deepen their stride. Both skaters should keep low(their backs will hurt more if they stand up). Alternate every thirty seconds. NOTE: this is taxing. You will hurt and be tired. But it’s very effective!

Starts

Start skaters out in groups so that they can get a feel for starting each different way. Rotate the groups around for one lap each, then the next group goes. With a good rhythm (and a small enough group) this can be a great exercise for working anaerobic fitness (short bursts of energy) as well.

One Leg Glide

Start with one foot pointed forward, and the other behind it at a 20 degree angle (like 3rd position in ballet). Use the back leg to push off and glide as far as possible on that one push. Get as much power from that push as you can. Repeat on the other side, pushing yourself to go farther and faster with each push. When skating normally, remember to get as much out of each stride as possible.

Duck Walk Start

Stand with skates shoulder width apart. Turn your toes so that one faces two o'clock and the other ten o'clock in relation to your hips (facing high noon). Start steps forward, keeping your feet pointed out like a duck. The power in this start comes from the push you get from the lateral position of your feet in relation to your direction of movement.

Toe Stop Run

From a dead stop, start walking (and slowly work up to being able to run) on your toe stops. Your wheels should not touch the ground. Do 2-5 toestop steps before returning to a “normal” skating stride to get the most out of this explosive start. Duck walk steps following those first toe stop steps can also further your initial speed.

Stops

T-Stop

Start by skating at a semi-slow pace. When you are ready, return your skates to parallel and glide for a moment to re-center yourself. Then take your left (or right) foot and place all four wheels on the

ground behind your right skate so that it is parallel to the other foot. It forms a T. Use your inner thigh and your calf muscles to drag the foot into the ground so that you stop instead of spinning around.

- Make sure your focus is up in front of you and not on the floor
- Hold your arms out to your sides like a ballerina
- Instead of thinking bringing the foot up into the heel of your front skate, think of bending your knees and pulling it into the floor.
- Make sure all 4 wheels are dragging on the ground, or concentrate on getting the back 2 wheels to take the brunt of the pressure. Using only the front (inside) wheels causes spinouts and risks injury.
- Don't forget to try the other side.
- Make sure your knees are bent – straight legs will cause twisting and less power.
- As you get comfortable, increase your speed and the distance in which you allow yourself to stop.

Plow Stop

People who have skied will most quickly understand this stop. Start by skating at a semi-slow pace. When you are ready, return your skates to a wide parallel stance and glide for a moment to re-center yourself. Point your toes into each other like a pigeon. Your knees should be very bent, and your butt in a deep squat position.

- Don't let your skates touch each other in the front or you will trip. The trick to this stop is getting low and really squeezing your butt and quads.
- As you get comfortable, increase your speed and the distance in which you allow yourself to stop.
- This is also an effective way to slow yourself down in the pack once you have mastered it.

Toe Stop

Start by skating at a semi-slow pace. When you are ready, return your skates to a wide parallel stance and glide for a moment to re-center yourself. Take one skate and drag your toestop on the ground behind you until you come to a stop.

See Turning section for more on another stop that incorporates toe stops and a turn backwards. Master the basics before moving on to this turning toe stop.

Hockey Stop

This is an advanced stop and shouldn't be attempted until all the other stops are mastered. It is very hard to accomplish on the semi-softer speed wheels (hyper witch doctors). Skating at a moderate pace, return your skates to a "neutral" (shoulders over wheels) stance and glide a moment to get your balance. In one move, shift your weight slightly to your toe (front) wheels and pivot your back wheels forward from the side. Dig your back wheels into the floor

Braking Problems and How to Correct Them...

When performing a T-Stop the skater spins backwards.

The skate is not at a 90 degree angle to the other; or the drag skate is not located behind the lead skate but rather next to it or out to the side.

Crossover Turn

The purpose of the crossover is to maintain or increase speed through a turn. To help get the feel of forward crossovers, stand with skates together, then lift your right skate, cross it over in front of the left one, and place it on the floor. Now bring your left skate out from behind and place it directly beside the right one, returning to the starting position. Repeat this crossover movement marching sideways.

While rolling forward with weight over the left skate, cross the right skate over the left. When the right skate touches the floor, continue to roll forward on it as you bring your left skate from behind and place it beside the right one. Stroke with the right and repeat the motion.

Weave Drills

There are many ways to incorporate the movement of weight from one side to the other, as well as over outside vs. inside wheels. Below are just some examples. Mix them up to avoid boredom.

Eggshells/Figure Eights

Stand with your feet a little bigger than shoulder width apart. Keeping both skates on the floor, weave your skates in and out so that the line on the ground forms an hourglass shape (like in and out of a Plow Stop).

Make them as wide as possible to really work the muscles in your legs, even if it slows you down at first.

Eventually, the more power you give to the curves, the faster you can go.

If you are having problems, concentrate on moving your weight from the inside of your skate wheels to the outside and back.

Go back and forth from one end of the rink to the other.

Make sure the trucks of your skates have been loosened, as it will greatly help in your ability to maneuver in this drill.

One Leg Eggshells/Figure Eights

Stand with your feet a little bigger than shoulder width apart. Keeping both skates on the floor, weave your right skate in and out like in standard 2 leg eggshells. All the power of your propulsion comes from that one leg. The more power you give to the curves, the faster you can go.

Make them as wide as possible to really work the muscles in your legs.

Go back and forth from one end of the rink to the other.

Don't forget to switch to the left leg.

Make sure the trucks of your skates have been loosened, as it will greatly help in your ability to maneuver in this drill.

If you are having problems, concentrate on moving your weight from the inside of your skate wheels to the outside and back.

Wide Weave

Building on the skills from the 2 and 1 legged eggshells, exaggerate the weaving pattern a step further and weave back and forth as if you are slalomming down a mountain on skis. Make the weave wide.

Add turns to look behind you as your body pivots with the weight transfer

Quick Weave

Do the one legged eggshell exercise, but instead of making them wide, concentrate on quick fast back and forth movements. Remember not to pick up your feet.

Partner up and switch off being jammer and blocker – use the quick transfer of weight to fake each other out

Scissors

Skate at a slower-than-normal pace. Bring your right skate in a circular movement out to the right and in front of the other so that they are almost in line with each other (front to back as if you were on a balance beam) and your legs are barely crossed to accommodate that position. Repeat the movement with the left skate so that it ends up in front of the right and your legs are crossed the other way. Repeat this over and over so that your skates weave in and out as you go around the rink.

Try concentrating on quickness of move and dexterity required in not tripping yourself up.

Try concentrating on getting the lateral width wider and wider so that your skates pass being “in line” with each other and actually trade places.

Weaving with Cones/Obstacles

Use any of the above weaves, eggshells or scissor movements with the additional obstacle of cones.

Decrease space between cones to increase difficulty

Take the course backwards

Remember not to lift feet up

Race with another skater around the rink with cones marking out the course\

Last in line whips/weaving

This is good for agility and being comfortable skating near each other and touching each other. Line the girls up and have them stay an arms length apart. The girl in the back will make her way to the front of the line either by weaving through the girls or by getting various kinds of whips off of them. She will race with the girl in the front, who will become the girl doing the weaving. Make

sure girls in line are skating with proper form, low and wide, and cheer their teammates on as they race.

Moving Balance Drills

One Leg Laps

Balance on one skate, and at a whistle, balance on one skate and keep moving. Propel yourself around the rink by the use of small weaving movements on that supporting foot. Don't forget to try the other side.

- Reverse the direction to clockwise – anything working your “bad” or “weaker” side is very helpful in improving your form, strength and balance.
- For the very advanced, try skating backwards on one foot. Don't forget to switch and work the other leg.

Skating Backwards

- Eggshells - Use the fundamentals of forwards eggshells (figure 8s) to propel you backwards.
- Set and Pull – Stand with your skates hip-width apart, but with your right skate about a foot in front of the other. Your weight is primarily on your left skate. Pull back your right skate and then transfer the weight to it. Repeat and start gliding backwards.

Figure Eight Balance

Set up cones at roughly 10 ft apart. off onto one foot and work your way around the cones in a figure eight pattern. Use only that first push to get you around the entire 8 – minimize the number of times you lose your balance and need to put your other foot down. Don't forget to work the other side. For the very advanced, try this drill backwards.

Crossovers

Standing Crossovers

With feet/skates wider than shoulder-width apart, start in a stationary small squat. Step one leg in front and across the other getting as much distance as possible between one foot and the other. A deeper knee bend will help get more distance. Then step out the other so that they are uncrossed again and back to the original position. Make sure weight is transferred very deliberately so that all 4 wheels of the crossing skate hit the ground at once. Cross the rink one way, then repeat in the opposite direction. Variations include:

- Exaggerate weight transfer with a bouncing motion so head and torso bounce with each step
- Eliminate upper body motion so all the focus is in the feet (as if a book was on your head)
- Change up speed with whistle blows
- Add rolling movement so that you are pulling the skates under you with each step

Grapevines

When bouts, you rarely get to choose which foot is going to go where if you get tripped up. Use this move to increase the ability to react quickly with different foot movements. Start with a normal Standing Crossover, taking into account all the notes from above. Do one step and reset, but when starting the second, step in back of the supporting leg. Alternate between front and back crossing. Cross the rink one way, then repeat in the opposite direction. Variations include:

- Exaggerate weight transfer with a bouncing motion so head and torso bounce with each step
- Eliminate upper body motion so all the focus is in the feet (as if a book was on your head)
- Change up speed with whistle blows

Normal Skating Crossovers

As you are coming around the curve, push off with your right foot and transfer your weight to your left foot. As you glide on your left foot, cross your right foot over and in front of your left and transfer your weight back to your right and then reset for another one.

- Remember there are 2 pushes in a crossover – one from the initial lift-off of the right foot (normal counter clockwise direction) and a toe-flick push from the left foot towards the outside. To get the most out of a crossover, make sure you are making the most of both pushes.
- Add a leaping action when coming out of the turn to gain more speed – more like running instead of gliding.
- Skate the track, using crossovers to cover as much side to side distance as possible – slalom the course using crossovers to cover ground
- Try crossovers without lifting feet up off the floor

Corner Crossover Balancing

Skate the track and on one corner, lift up the outside leg straight out. Complete the turn on the inside (left) leg. Return to normal on the straightaway. On the next corner, start a crossover with your right leg, but don't complete it. Complete the turn mid-crossover, balancing on the right leg and extending the left out behind/beside you.

Reverse the direction to clockwise and lift the outer feet and inner feet accordingly.

As you get more comfortable, increase the bend in the supporting leg, getting closer to the ground, and having to raise the lifted leg higher and straighter.

For the very advanced, try this drill skating backwards.

Circle Crossover Drill

Skate around a large circle. The first 10 times around we push only with the right foot (your pusher foot) keeping the left on the floor. It really gets the foot used to pushing. Then the next ten times around you concentrate on crossing over but only pushing with your left foot to get your power. This is hard but it really teaches you to push with that foot instead of just relying on that right pusher foot. Then we put it all together for a final 10 laps. I love this exercise because it totally breaks down the crossover in 3 distinct steps and has you work on each individually and then you put them all together to create one “extreme crossover” Of course the more you lean and stay down the easier it will be also.

Alternating Crossover Steps

Do normal Crossovers as you round the track, but do not do any normal strides. Go from one crossover into the next, simply stepping in an X pattern as you skate. Get as much width between your feet as possible – deep knee bends will help.

Try this drill with a kick out to the side before crossing over. This variation can also be done standing and on dry land to increase balance.

Figure Eight Corners

Set up cones about 20 feet apart. Skate a figure eight around them, taking the turns with crossovers, but making them as tight as possible. Use the crossovers around the turns – not to gain speed on the straightaway between the cones. This should challenge the tightness of the turns, and work the sharpness of each crossover, hopefully minimizing slippage on the track.

- Move cones closer together for a greater challenge.

Crazy Eight Skate

Set up a track in the shape of a figure 8. Girls skate around the track, screaming when they come to the center of the track and have to dodge each other. Can be done skating forwards, backwards, with long hard strokes or short quick strokes. This drill works both kinds of crossovers and turns.

Backwards Crossovers

An easy way to get use to these is to stand in one place. Pick your feet and kick your feet back (like a cat digging in kitty litter). You should start moving backwards similarly to the drag and pull method of backwards skating. Let the momentum of each step slowly grow as you get accustomed to it and then let it take you backwards around the corners.

Turning

180 Degree Turn – Front to Back

Skating at a neutral pace, place your right foot out in front and transfer your weight to it. Lift your left foot off the ground and place it behind your right with the toe facing backwards (your heels will be almost touching). In one movement as your right skate hits the ground, let your left skate come off the rink as you pick it up and turn it around so that it also faces the back.

- Be sure to work both sides, turning to the right and the left

360 Degree Turn – Front to front

Follow the directions on how to turn from front to back. Once in the backwards-facing position, keep moving in the same direction (around the circle) as you were before. Transfer your weight to your right foot. Lift your left skate and pivot your foot all the way around to face the front. Once you have transferred your weight onto your left foot, pick your right up and place it next to the other. You will now be

Be sure to work both sides, turning to the right and the left

Variations: To challenge advanced skaters, add in the below modifications to keep everyone from becoming bored.

- Jumping turns – adding length and/or height
- Disco turns - a pivot-esque turn focusing weight on front then back wheels to propel you from back to front
- Alternating Half Disco Turns – alternating from back to front counter-clockwise to clockwise (as in 12:00 to 6:00 and back to 12:00)

Backwards Toe Stop

Follow the instructions on how to do the 180 degree turn. When you are gliding backwards, move your weight to the front of your skates and onto your toe stops until you come to a complete stop.

- If you are having problems, remember not to lift your body up, but think about settling deeper into your knees to propel you forward. A common mistake is feeling like you have to jump up onto your toes, and that will just topple you over.

Whistle Turns

On different whistles, make the intended turn. Whistle at random intervals to simulate chaos similar to a game situation. Try the following the below guidelines for whistle blows:

- One short whistle = ½ turn (so you are skating backwards)
- Two short whistles = Full turn
- One long whistle = ½ turn toe stop

Follow the leader

Break up into small groups. The girl in the front of the line will lead, whatever she does, the girls have to follow. Try and have someone with quick footwork lead each line so that the girls are being pushed to keep up with the line.

Common Turning Problems and How to Correct Them...

Skater falls backwards during turn.

Weight may be distributed on heels instead of the balls of the feet. The knees may not be bent and the skater may not be leaning into the turn.

Backward Skating

The stance for skating backwards is the same as it is for skating forward, except the torso is more upright. The knees are still bent and the weight is still on the balls of the feet. Begin with the skates closer than normal. The toes should be slightly pointing in; from this position push the skates outward and you will slowly move backwards. As the skates begin to move outside bring the heels of the skates towards each other. Repeat the process drawing hourglass shapes and propelling the body backwards. The skates should not leave the floor during this exercise.

If you're competent doing the hourglasses, try keeping one skate straight while drawing hourglass shapes with the other. You'll be leaning a bit to the outside of the gliding skate.

Be sure to watch behind you while attempting to skate backwards.

Front-wards Back-wards

Skaters practice skating forwards and backwards. Off the track, set up two sets of cones across the floor. Skaters skate forwards to the first cone, backwards to the second cone, and do a turning toe stop at the end and come back. Can also be done on the track where skaters go backwards on the turns and forwards on the straight-aways or vice versa.

Mohawk Turn

Stand with your back against a wall and place your skates in a heel-to-heel position. Bend your knees slightly to feel more comfortable. For all but the most flexible, you'll be able to hold the position comfortably for no more than a few seconds.

Stand on the left skate with the right skate positioned slightly behind; turn the right foot heel-to-heel with the left and turn the shoulders and hips to the right as the left foot releases to become the trailing foot. There should be an easy bend of the knees at the moment of transition.

The arms and shoulders help make the turn. The left arm should be forward as you roll forward on the left skate. The right arm should be extended to the side. As the right skate comes in heel-to-heel, the shoulders should turn to match the hips, with both arms extended out to the sides. As the left foot is released, the shoulders should turn again to match the hips, leaving the right arm forward and the left arm extended out to the side.

Practice this turn going forward to backward and backward to forward, rotating the turn both clockwise and counterclockwise. Like spinning, this is a "practice, practice, practice" skill. Common mistakes include bending forward at the waist and not turning the shoulders to match the hips all the way through the turn.

Changing from backward skating to forward:

To change positions from back to forward the skater must shift the weight to the left skate, pick up the right skate and turn the toes until they are pointing in the opposite direction. The hips, shoulders, and head must also turn with the skate. Once turned the weight is shifted from the left skate to the right; as the weight is transferred the right skate the left skate can be picked up and turned around.

Connecting turns while skating backwards:

When skating backwards a simple turn is performed in the exact same manner as when skating forward. To turn to the skater's right the right foot is in the front of the stance and the weight is shifted in the direction of the turn. The opposite occurs for a left hand turn.

Quickness/Agility

Quick Steps

Tiny Steps

Face both skates forward, shoulder width apart. Make very tiny steps forward, but do not let your skates roll at all. Increase speed when drill is easy.

Side Steps

Start at one side of the rink. You will be moving towards the longest end away from you. With your shoulders perpendicular to that end point, side step your way across the rink without rolling forward or back.

Side Step Ball Pass

Pair up, and grab a playground ball. Each couple has a ball. Face your partner and pass the ball back and forth to each other as you side step your way down the rink. This helps with concentration and communication.

- Switch up between small quick steps and long, deliberate, non-rolling steps

Texas Two-Step

Gallop (skip) around the rink concentrating on making tiny fast steps. Do one lap leading with one leg, then the next lap leading with the other.

- Variation: alternate right and left for one lap.

Tandem Two-step

Skaters partner up and skate side by side around the track. The girl on the inside calls out “two outside, two inside, one outside, etc” and the girls two step inside or outside together. The girl on the inside then calls for her partner to hold the inside and they switch positions.

Two Step

Skaters skate around the track doing cross overs across the straight-aways. Skaters should cross the track in 2-3 steps.

Duck Walks

Duck walks (length of rink) You want to sort of keep your knees bent and walk without making your wheels roll in the position you would be in if you were a duck. Your feet are almost shaped like sideways t's. Builds leg muscle and works on skater control.

Circle speed drill

Good at teaching efficient use of the track for jammers. Cut close in the turns and go wide of the straight always to make the track as much of a circle as possible. Girls should be doing constant crossovers, never pushing straight.

Start the girls off at 70% of speed, pump it up to 80%, 90%, 100% sprint, recover back at 70%. Repeat. Half-way through the drill switch directions.

Jumping

Basic Two Leg Hop

Start in a stationary position on your skates. Hop up in the air, landing on both skates evenly. The trick is to pull your knees up to your torso – not to reach your torso up to the sky. Once you are comfortable doing this move standing still, add in a gentle roll and the below variations:

- Quicker hops
- Faster skating speed
- Concentrate on length of ground covered
- Concentrate on height of hop, incorporating cones of different sizes
- Imagine a line on the ground in front of you (horizontally laid out in front of you) and aim to hop over it, working timing and quickness.
- Imagine a line straight out in front of you (like painted lines in the street). Add in a lateral “swing” so that you are hopping from one side over to the other, landing on both skates each time.

Basic One Leg Leap

This is a basic jump handy for jumping over fallen skaters – leap out with one foot, landing one foot at a time. As you get more comfortable, add in the following variations:

- Quick jumps
- Faster skating speed
- Concentrate on length of ground covered
- Concentrate on height of hop, incorporating cones of different sizes
- Change up layout of cones – ex: something similar to jumping through tires a la boot camp vs. jumping hurdles directly in front of each other.

Hop and Stop

Choose some lines on the rink and in pairs hop the lines higher and higher and take turns yelling “Stop” to see who can come to a dead stop first.

Endurance

Endurance is not just about being able to skate hard for a long time. In derby, you must be able to switch between 100% and 0% for the length of the game. Therefore, you must train your body for short sprints, long sprints, long medium pace periods as well as general aerobic fitness. The more flexible your cardio system is, the better you will do on the rink.

Short Distance aka Sprinting

Pace Drill

Slowest Skater



Fastest Skater

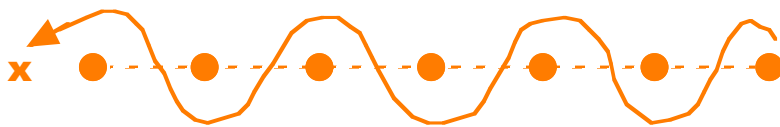
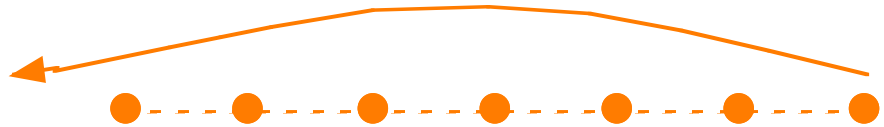
Form a line with slowest skaters in front and fastest in back, spaced an arm's length from one another. Try to keep the pace of the

entire line based on the leader. Never let a gap develop between skaters. This is harder than you think.

Last in Line

Stay within arm's length of the skater in front of you. The skater at the front of the line practices setting pace.

Speed is increased fast enough to make passing difficult, but not impossible. The last girl in line skates as fast as she can to get to the front. No blocking, but the line does try to make it difficult by hugging the inside line.



The Snake or The Worm

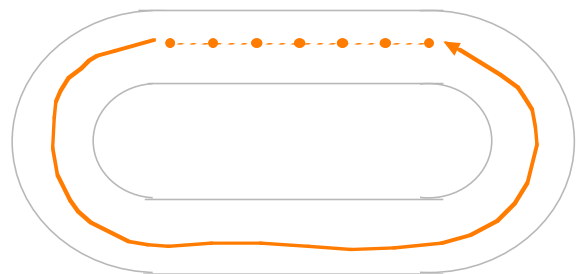
In the pace lineup, the skater last in line weaves through all the skaters, in and out, until she reaches the front of the line and becomes the

leader. Usually your coach or captain calls when the next skater should work her way up, so you don't have girls clumping. Depending on the number of skaters in your pace line, do about three sets. Skaters practice weaving quickly across the track by pointing their skaters into the turn. Use your shoulders and butt to shift your weight into the weave.

Variations: Have the person worming hit the line. Have the line hug the inside track and practice getting off and on the line quickly. Have the line block the worming skater on the outside, etc.

Lap the Line

Run a pace line at moderate speed. At the signal of your trainer, the girl at the front will race around the track to the back of the pace line. Repeat for each skater. Do two or three sets.



Lap the Line (double)

This time form two matching lines an arm's length from each other, so you are also matching pace and strides with the person next to you. Then the skaters at the front of each line break away and lap the pack to the back, while the new line leaders hold the pack at a steady medium pace and concentrate on keeping everyone in line. It is hard to keep the pace going slow enough not to kill the girls lapping, but quick enough to keep everyone from skating up your ass. It's great practice for skating together in a tight pack and learning rhythm & pacing.

Lap the Line (double) + Snake

The leaders of each line break away and lap the pack to the back, where they then weave through all the skaters of their respective lines to the front, then race each other once more around the track to the back of the line.

Weaving + Blocking

Line up the girls and skate around the track or the rink in a line, one behind the other. The girl in the back has to weave around all the skaters in front of her. Those skaters attempt to block her legally. Depending on the experience of the skaters, you may want to just have them try to booty block her or go light on the blocking rather than actually check the hell out of her.

Pyramids

For more endurance training split into two skating groups and the group not skating will be doing abs or pushups in the middle of the rink. No rest for the wicked.

sprint 1 lap 2,3,4,5, laps then 5,4,3,2,1

Swedish Mile

In a pace lineup, run a pace line at moderate speed. At the signal of your trainer the girl at the front will race around the track to the back of the pace line; repeat for each girl. Option: Have the first two girls at the front of the line race each other to the back.

Supermans

Properly getting up as fast as possible (from left side, right side, back, and stomach) and sprint and baseball slide at other side.

Jammer Hell

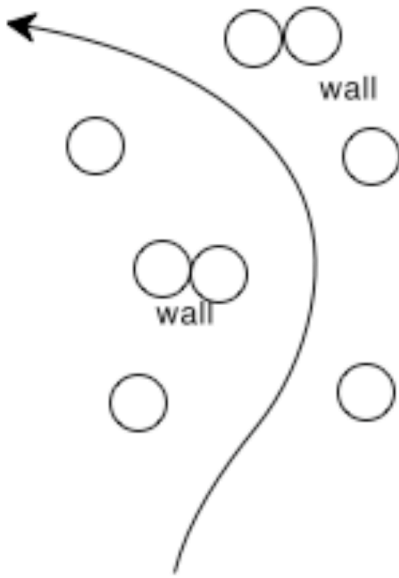
Skaters sprint for 2 minutes, skate at pack speed for 30 seconds, sprint for 2 minutes, etc, for 10 minutes.

Stroke or Die

Skaters sprint in a circle constantly pushing with their skates for 10 minutes.

Pack Worm

Imagine 2 pivots, 2 inside, 2 outside, 2 backs. Set up two staggered walls and a line of “jammers” weaving through the pack. This is a test of pack speed and cohesiveness as well as weaving through something other than a worm. Because in real life blockers will not line up for you.



Suicides

Set up 2 cones about $\frac{1}{3}$ and $\frac{2}{3}$ down the rink.

Skaters get in starting position (from a seated position on the floor).

At the whistle:

Sprint to first cone, right knee fall, get up as quick as possible, sprint back to start, right knee fall.

Sprint to next cone, right knee fall, sprint back to start, right knee fall.

Sprint to end of rink, left knee fall, back to start, left knee fall.

Sprint to $\frac{2}{3}$ cone, left knee, back to start, left knee.

Sprint to $\frac{1}{3}$ cone, two-knee fall, sprint back to start, two-knee fall.

Pyramid Sprints

Everyone skates around the track at her own pace. Once everyone is in a good rhythm work in a “pyramid” of increasing sprint intervals with the below (30 second increase/decrease) example in mind:

- Rest - 30 seconds (get heart rate way down in rest periods)
- Sprint - 30 seconds (push yourself very hard so that you are out of breath)
- Sprint - 1 min
- Rest - 1 min
- Sprint - 1:30 min
- Rest - 1:30 min
- Sprint - 2 mins
- Rest - 2 mins
- Sprint - 1:30 min
- Rest - 1:30 min
- ...and so forth...

Interval Sprints

For 15-20 minutes, new skaters start by going for 10 minutes, alternate between all basic skills by skating at a normal pace for 2 minutes than skate for two minutes and add in squats. Than sprint for one minute. Than do 1-2 minutes of scissors. Than sprint for 1 minute. Than do 1 minute of right leg scissors than sprint and than 1 minute of left leg scissors, than sprint for one minute. Other skills you can add in between sprints are balancing on one leg, one minute of using one leg on turns or on the straight away. Do not stop skating! All skaters must continue, no water breaks!

Hell

Skate for 10 minutes. Switch directions after 5 minutes. Skate as fast as you can. Don't stop stroking. Count your strides and minimize them with each lap, making each push more effective. Count laps and try to increase laps with each practice. Get into a rhythm.

Race

You'll want to have at least one or two 5 lap races during your practice. These are fun, hard, and teach skaters how to correctly pass or get passed without cheating (cutting the track) or falling. You'll also determine your natural jammers this way.

Variations: Set up short, or longer distance races as a form of jammer endurance training. Time each girl and encourage them to go faster with each race.

Pacelines

All skaters form a line and start skating around the rink. The distance between skaters should be no more than about 4 feet. Maintain a steady quick, but not super hard, pace for a total of 20 mins. Variations include:

- Back skater weaves to the front of the pack cycling through the whole line
- Front skater (A) takes off, laps the pack to the front (passing the line on the outside) and races the next skater (B) in the front of the line. First to get to the back of the pack wins. Cycle repeats with skater B racing skater C – the next in line and so on.
- Combine weave with the front to back race
- Change direction and skate clockwise
- Tighten up the line so that weaving is harder
- Add in pushes, whips and other assists to help the person lapping the pack
- Add in blocks to challenge the person lapping the pack

Speed Changeups

80% vs. 100% Changeup

On a whistle blow, alternate between skating at 80% and 100% of your capacity. Whistle should be blown at random lengths ranging from 3-45 seconds. Keep this drill going for 10 mins, have a short (2 min) water break, then repeat if possible.

Pack Rotation

Split the group into tight packs of 5-8 skaters, spaced out evenly around the track. Start skating, and on a whistle blow, the back of the pack sprints to the front. Once there, they must not overshoot the pack. Keep the pack as tight as possible – always be able to touch the person next to you. The object is to be alert at all times, and be ready to turn on the turbo to help/hinder a jammer. Always be active – you never know when she could fall back and you can get another chance to knock her down.

Variations include:

- Add pushes, whips and other assists to sprinters
- Add blocks to challenge sprinters

Combined Skill Endurance Drills

Whistle Falls/Sprints

Start the group skating around the rink at a good, but not overly difficult pace. On a whistle blow, everyone falls (changing up which falls they use), gets up and sprints to regain original speed. Don't use hands to get up. **Challenge skaters to additional falls every time a hand is used.**

- Use toe stops only for regaining speed
- Use duck walk starts only for regaining speed
- After fall, turn and sprint in the opposite direction

Pair Falling Drill

Skaters pair up and each skater is assigned the number 1 or 2. On a single whistle, the girls in group 1 fall and catch up quickly to their partner. On two whistles the other girls fall and then quickly catch up to their partner.

Pack Falling Drill

Divide into two teams (1 & 2), skating as one pack. One whistle blow signals the ones to fall, two whistles indicate that team two falls. Those not falling practice dodging the fallers. The falling team practices recovering quickly and catching up to the pack.

Pack Hell

Skaters skate in one big pack at fast pack speed, close enough to touch the girls next to them. The coach calls out girls names, "Kitty to the front," "Doom, fall back!" Skaters must sprint and weave through the pack to the front, or drop back by weaving through the pack (they can't just fall to the outside). Do it for at least 10 minutes. Can modify so that girls coming to the front have to hit everyone they pass.

Falling Hell

Skaters sprint. Each time the whistle is blown, skaters make a turning fall (180 degrees), then sprint in the other direction. This drill is usually done for 10 minutes.

Suicide Sprints

Lay cones out at $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ of the rink. Line the group up on one side of the rink (divide up into multiple lines as size dictates). Skaters skate to the first cone and fall on that $\frac{1}{4}$ line. Get up, sprint to the starting line, fall, get up and sprint to the $\frac{1}{2}$ line. Get up and sprint back to the starting line and so-forth.

Variations:

- Make it a relay race between groups of skaters
- Add/subtract cones to work sprint/falls
- Add amount of 1 completed suicide to 2 or 3 times all at once

Basketball Drills

Cones are set up at four points on the rink. Start at one end of the rink. When the whistle blows, sprint to the first set of cones, come to a complete stop (using your most efficient method), and then sprint back to the start. Sprint to the next set of cones, stop, and sprint back to the start. Go up and back until you get to the last set of cones and back to the starting point. These drills can be designated for “falling stops” or “standing stops”. Throw in push up or other things.

Falls

One thing about falls – the fall is not over until you are up and moving again. Getting up from a fall is almost more important as how you fall. Doing repeated falling drills will build your cardio and the strength in your legs in addition to teaching your body to automatically fall safely during a game.

Do not put your hands on the floor to help yourself back up.

Basic Falls

One Knee Fall

Starting with a moderate skating speed, drop to one knee so that your kneepad cap slows you down (sometimes to a complete stop, sometimes not – depends what you want to work on). Make sure your upright knee does not hyperextend over your toes and remains as close to a 90 degree angle in relation to your thigh. Use your thigh muscles to stand up and keep skating.

Two Knee Fall

This fall is a little scary for most people, but it is usually the most useful when trying to stop at high speeds. Starting with a moderate skating speed, take a deep breath and thrust your pelvis and knees forward so that your kneepads hit the floor and you slide forward into a stop. Concentrate

on leading with your pelvis instead of dropping down hard onto your kneecaps to avoid any spine or neck pain.

Four Point Fall

This fall is sometimes called the “baseball slide”. Starting with a moderate skating speed, go into a one knee fall (for explanation purposes, a right knee fall so you’re your right knee is on the floor and your left is up and bent). Once you have lowered yourself down onto one knee and are beginning to slow down, fold your right skate/calf/shin towards your left skate and sit back onto your right hip. Let your elbow and forearm take some of the weight as you kick your right foot/leg out in the direction you were sliding.

This sounds complicated, but a simple demonstration is usually all that is needed to get the idea.

Blocking

Blocking and contact drills should only be executed when you are truly confident in your skating abilities. At the very least, master falls and stops before entering into blocking drills with other girls or you could endanger yourself and others.

Blocking – Basic to Advanced

Booty Block

Get in front of the other skater, and get as low as possible. The object is to make your body take up as much room as possible. Pair up and trade off being the jammer and blockers. Start simple and move up to other variations including:

Use quick side to side eggshell weight transfers to fake out the jammer and keep her behind you at all costs.

Try not picking up your feet to minimize the risk of falling

Texas Two Step and Quick Steps to hop and skip around each other

Shoulder Block/Body Check

Skating side by side with the girl you want to block (it is illegal to block from behind) get low in your knees. When you see your chance, thrust your upper arm and shoulder (never your forearm) into the girl with an explosive check. Watch hockey games for good examples. The key is to know where your (and the other girl’s) center of gravity is.

Body/Continual Push

Like in the shoulder block, line up with the girl you want to check. Instead of hitting them with one pop of power, stick yourself to them like Velcro and push your weight into them so that they veer off into the audience or the infield.

Elbow Block

Most contact with elbows is illegal, however, you are allowed to use one effective variation. Start standing next to the girl you want to block, and then get slightly in front of her. Raise up your arm so that your upper arm is across her chest (never hit above shoulders or below hips). Pull your elbow straight back against her without movement up or down (jabbing). This move transfers all her momentum to you. It is also useful to do as a jammer to your other teammates if you need that extra push to get by.

Super 3-Way Blocking Triangle of Death

From D. Dan Devious, Panama City Roller Derby, Coach/MC/Ambassador of Goodwill/Dancing Machine on rollerderbycoaches on yahoo groups.

Anyway, split your girls up into teams of 3. Give them some room to spread out with their team on the track, because it can get messy. Have each team of 3 girls skate together shoulder to shoulder in a nice little line. The girl in the middle will be receiving the shoulder checks. Her only job is to defend. Make sure to cover proper stance, staying low, etc before hand. Ok, now the girls on the outside will be executing shoulder checks on our target girl in the center. I like to have girls on either side because it will give them a feel for shoulder checking from both sides. The girl in the middle will be getting the crap kicked out of her, but she will learn to take those hits. After a minute, I blow the whistle, and another of the 3 girls takes the place in the middle. Keep switching up the middle girl at 1 minute intervals. I do this drill from anywhere from 6-8 minutes, depending how much of an asshole I want to be.

Booty Blocking Cube of Pain.

From D. Dan Devious, Panama City Roller Derby, Coach/MC/Ambassador of Goodwill/Dancing Machine on rollerderbycoaches on yahoo groups.

“I call this the Booty Blocking Cube of Pain. Ok, I don’t really call it that. Hell, it has nothing to do with cubes at all. But I like cubes. Actually this is a partner drill. Have your girl grab a partner... or assign one if, like our team, it takes 2 hours to figure out who is going to be partners with whom. Ok, so the object of this is to work on looking over your shoulders and staying in front of your opponent utilizing speed and agility. While skating quickly around the track, one Girl 1 will block, while the Girl 2 will attempt to skate past her. Girl 1 will quickly move back and forth to stay square in front of Girl 2. Emphasize watching for quick moves and being aware of what direction the opponent is going to move. Once Girl 2 has passed Girl 1, they switch up, and Girl 1 now begins to try and skate past Girl 2, and so on and etc and yadda yadda yadda. I run this drill for a good 6-8 minutes, or longer if I’m microwaving and enjoying a ham and cheese Hot Pocket.”

Velcro Drill

Two blockers work together to block a jammer, who is behind them. The blockers work on covering the whole track and covering each other while the jammer tries to get around them. Blocker and jammer positions should be rotated.

Assists

Classic Whip

Blockers or Pivots use either your left (inside) or right (outside) arm to help whip your jammer. A whip is when you use your own momentum to help your jammer through the pack at a faster pace. With a partner, take turns whipping each other the rink. Alternate positions of Blocker and Jammer with the Blocker ahead of the jammer and the jammer speeding up behind her to be given a whip.

Underhand Whip

This whip is used by extending your arm downwards while whipping the jammer.

Pushes

Pushee – Get in a low position with skates parallel. Pusher skates up behind her and takes her hips in her hands. The Pusher pulls the Pushee slightly back as a prep for the push. The Pusher takes aim and pushes straight out, making sure there is no up or down force or the girl will end up falling.

Whippers/Whip-ees – Group Version

Divide the group into 2 sections. Half will give whips, half will take them as everyone skates around in a circle. This works focus as well as the physical move of giving/taking a whip. Identify who is a whipper/jammer and being alert to different people widens perspective and gives you an idea of what is happening in the pack.

- Work on communication between jammer and whipper – have lots of verbal commands and calling out for which whip they want
- Change up jammers and whippers

Whippers/Whip-ees – Partner Version

Partner up and pick a whipper and jammer. Have them circle the track, always keeping an eye on each other. Do not lose visual contact, even when you are on opposite sides of the rink.

- Work on communication between jammer and whipper – have lots of verbal commands and calling out for which whip they want
- Change up jammers and whippers

Lean-Assist Drill

Line up all the skaters in two lines. preferably with two different colored shirts. Have the lines lean on each other. One of the skaters in the back of the line comes up as the ‘jammer’ the opposing color has to impede her the same color has to assist with a lean + whip maneuver.

Various Derby Skills

Jamming Drills

Skating the Track

Have everyone line up on the outside line of the track. While skating on the outside line use your right leg to give a strong push so that your entire momentum is towards the inner line of the track. When you reach the inside line of the track use your left leg to push off again to the outside line of the track. Repeat this for several minutes. This helps to work your balance and strengthen your leg muscles while using the agility of the entire track.

Passing the star

Girls break up into pairs and practice the jammer passing the star to the pivot. The jammer comes up on the outside, grabs the pivot's hand and turns around so she is skating backwards. She takes off her jammer cap and joins her other hand with the pivot. She pulls the pivot and propels her forward, and the new jammer goes on her merry way. You may have to demonstrate this with girls who are struggling, or step through it slowly with them a few times.

Loose Panties

Scrimmage with a full pack but one jammer. The jammer and four girls in the pack wear a red helmet panty. The jammer may take her helmet panty off and on throughout the jam, switching teams. The blockers must pay attention to what team the jammer is on. When on defense, the blockers form a wall with one other girl (one wall in front, the other in back). When on offense, the blockers mark their girl and try to clear space for their jammer/protect her from the blocker. The jammer may switch the panty wherever she wants, even in the middle of the pack.

Identifying Your Jammer

Pair up and use the width (shorter distance) of the rink. Have one skater (blocker) block the other skater (jammer) while skating the straightaway. This drill is used to have the blocker utilize her range of view of the jammer. While blocking she slowly turns her head to each side looking for the jammer. Generally a booty block is used at a slow steady pace and the jammer tries, but does not accomplish, making her way past the blocker. When the pair reach one side of the rink they switch positions. Also concentrate on staying in a low position used for blocking.

Pass the panty relay

Skate 2 laps, drop to a one knee 180 degree fall, hand off the panty in a five foot space then the next girl takes off. We'll run thru the line 2 or 3 times. If penalties are acquired do some extra warm down exercises at the end of practice. For us this breaks up the blocking jamming drills and seems to pump them up again.

“Jammer Blocking Rhombus of Discomfort”

From D. Dan Devious, Panama City Roller Derby, Coach/MC/Ambassador of Goodwill/Dancing Machine on-rollerderbycoaches on yahoo groups.

“This next one was developed by my partner in crime, Coach Maxwell Hooligan. He calls it “The Endless Jammer Drill” I choose to call it the which is way catchier. Imagine it on a t-shirt and tell me that isn’t catch-phrase gold. Anyways, this one is a pack drill. Grab about 5-6 girls and put them in a pack. Now grab another 5-6 girls and line them up about 20 ft from the pack, in a line, one behind the other, these will be the “jammers” for this drill. The pack will begin skating at regular pack speed. The line of jammers will skate behind maintaining their distance. At the whistle, the first in the line of jammers will make her way to the pack and attempt to get through. The pack needs to block the hell out of her, emphasize strong shoulder checks, booty blocking, building walls, etc and so forth. Once the Jammer is knocked down, or out of bounds, immediately blow the whistle and the next girl in the line of jammers will make her way to the pack. The idea is to not give the pack time to rest, constantly sending jammer after jammer into them. Now once a jammer is knocked out of bounds, knocked down, or actually gets through the pack, she will return to the end of the jammer line and prepare to go in again. I like to let all the jammers try and make their way through about twice before calling the drill and changing out the pack and jammer line. It’s good times.”

Pack Drills

Tight pack drill

Good for newer blocking girls. Break up into groups of 10, and at each whistle blow, every player has to touch three other blockers in the pack. They have to stay as tight as possible, while going at a brisk pace.

Wheel Locking Drills

Evil but necessary from the aptly named “King of Pain” on rollerderbycoaches on yahoo groups.

Have the girls skate slowly into a big pack and purposely lock up each others wheels. As many ways as possible, even showing them the “dirty” ways to do it. When they wouldn’t commit on their own, I stepped in and did it for them. They weren’t happy with me, but when it happened in our last bout, none of them were completely unprepared for it either.

The “dirty” ways.....best way is for girls with a toe stop to roll up on the girl in front of them and put the the toe stop onto the front girls rear wheel. This will stop the girl instantly, ripping the stopped skate up and back. The girl doing the stopping has to get her toe stop onto the wheel and back off immediately or she will go down as well.

The other way is only for more experienced skaters....skate up the the girl in front of you, and put your inside skate between her two skates. Hook her outside skate with your inside skate and pull her down. Again, an instant down for just about anyone that’s not prepared for it.

This is not a fun drill but it is one that needs to be done, otherwise they will never be prepared for it in the bout situation. Once they get really used to it you can have them pick up speed.

Packs and Jammers

This drill is a small-scale scrimmage with multiple packs and jammers so girls are playing all the time. Designate 2-3 packs of girls on the track and 2-3 jammers with helmet panties. Depending on how many girls you have, you may have 2-4 girls per pack. Designate some pack skaters as offense and others as defense. One whistle starts the packs, 2 whistles start the jammers. Jammers continu-

ally skate around the track, breaking through each pack. Packs must make sure they keep a moderate pace so that they don't run into each other.

David and Goliath

Scrimmage with 4 defensive blockers, 1 offensive blocker, and 1 jammer. The single offensive blocker must clear space for her jammer and help her through the pack.

Tied Team Skate

This is from the rollerderby_coaches yahoo list.

Synopsis: This drill emphasizes the need to operate as a team to reach the objective. It also encourages trust between teammates.

Usage: When the coach feels the team has lost the team concept and is operating more as individuals than as a unit.

Drill: Get some smooth rope, about 30 feet long. At the beginning of your drills for that day, get everyone together in a tight circle, half facing one direction, and half facing the other direction. They have to be tight- directly up against each other. Tie the rope around the group. Then set a goal- like move 20 feet in one direction, pass the cones, etc. After the objective is set, leave the group alone and do not offer assistance. After they pass the objective, make them stop and come back the other direction. The girls cannot work separately and stay on their skates. They will learn to communicate and work together. They will see the need to work together to achieve their goals.

Variations: (1) In order to better establish your captain as the leader of the team, you can make it so that she is the only one who can talk and lead the group to completion and the goal. This encourages leadership from her and solidifies her as the captain to her team.

(2) Starting timing and set a time to beat. Increase the difficulty as you see fit.

Note: This is actually a modified ropes course drill I went through in the military. I have used this on my girls and they like it. It's a fun drill to start the practice, but it builds the team concept at the same time. I would have to say that the girls on your team need to trust you and have an open mind

Notes: This is actually a modified open mind before you attempt this or they might not get into it and see the purpose, and would then just see it as a waste of time.

Games

Blood and Thunder

All girls skate around the rink, starting at different random spots. After skating for two minutes or so, when you hear a whistle, use LEGAL blocks ONLY to try and take down every other girl. Mouth guards MUST be used during this drill. The last girl standing without being knocked down, wins. If new at this drill, start all the girls off skating together.

- When a girl falls, or is out, you may have her stay where she has fallen on the rink so other skaters still in the game have to make their way around the fallen skaters.

Queen of the Rink

A pack of 10-15 girls line up at the normal pack start line. Two additional girls are set up as jammers. This is a jam with no teams. The jammers are simply trying to legally make their way through the pack while the blockers block both jammers. This goes on for two minutes and then you rotate jammers.

Follow the Leader

Skaters line up a single line. One person leads the line, going around obstacles, taking tight turns, hopping, weaving, and trying to fake out the person behind her. Switch leaders so that everyone gets a chance to lead.

Shark Tank

All the girls gather within a designated area (taped off portion or lines already marked out on the rink). One girl (or more, depending on size of group) is designated as “the shark”. She circles the “tank” blocking the remaining “fish”. All skaters must keep both skates on the ground at all times, and must stay within the boundaries. If the fish are knocked off balance so that one skate comes off the ground, or they are knocked outside the lines, they are “out”. The game continues until all but one player is eliminated. She then becomes the shark for the next round.

- To accommodate different skill levels, split up into 2+ “tanks” placing girls with similar skills together.

Dodge Ball

The rink is divided in two halves. Skaters are assigned to sides. To start the game each team has 2+ playground balls. They throw the balls at their opposing players.

- If a player is hit by a “fly ball”, before it hits the floor and after being thrown by a player on the opposing team that player is out.
- If a player catches a “fly ball”, the thrower is out. ALSO: The other team returns an eliminated player to their team. Players come back into the game in the order they were eliminated.
- A player who is hit in the head (if they did not duck) is not out. The thrower is out. If the player hit in the head did duck, there is no consequence.

- A ball deflected by a held ball, whether caught or not, does not result in player elimination.
- A ball rebounding off a wall, backboard etc. does not eliminate a player.
- When all the players of one team have been eliminated, the other team wins that game.
- If the game is not progressing to one team winning, a coach may whistle for all “jailed” girls to be back in the game for the sake of keeping everyone active and working in practice.

Capture the Flag

The rink is divided in two halves. Skaters are assigned to sides. Two flags (bandanas, towels or whatever) are placed in designated spots at either end of the rink. The object is to cross the line, grab the flag and make it back onto your side of the rink without being tagged. You are “safe” inside your half.

- Usually a “flag keeper” is designated – she must keep 1 ft. away from her flag (meaning she can’t stand or sit on it).
- If you are tagged, you are eliminated and confined to a designated area on the “enemy’s” side of the rink until one of your teammates crosses the line and releases you (by tagging) to continue the game.
- If the game is not progressing to one team winning, a coach may whistle for all “jailed” girls to be back in the game for the sake of keeping everyone active and working in practice.

Red Light Green Light

One person stands at one end of the rink, and the other skaters are lined up at the other. The “light” turns her back to the group. While her back is turned, skaters sprint towards her. When she says “red light”, she turns around to face the group, then calls out 1,2,3 and after 3, everyone should be frozen. If she sees anyone move, waiver or fall, they must go back to the starting line. Once a skater hits the far wall, she is the winner and the game is over.

Freeze Tag

Depending on the group size, designate 1-3 people to be “it”. When one of these girls tags you, you must freeze. Another skater must tag you to “unfreeze” you. The game is over when all non-it skaters are frozen.

Group Relays

Divide up into groups of 5-8 people, and start at one spot in the rink. Team 1 does one lap sprinting, and as the last person hits the starting line, Team 2 starts one lap and so on until all teams have done one lap. Then, Team one starts again with 2 laps and so forth. Repeat this until each team does 5 laps, and then pyramid back down. This drill works teamwork, league support and the race aspect helps challenge newer girls who might not know how fast they can actually go.

Obstacle Course Ideas

Obstacle courses are great for groups of girls with varying skill levels. All points can be modified to challenge every level of skater.

Slalom Cones

- Navigate a line of cones to take forwards
- Backwards
- One footed

Falls in Designated Location

Within a square of cones, or a spot on the floor – switch up falls and sprint to another spot on the floor, incorporating a stop of some sort.

Tight Square Options

Set up a square with a cone at each corner.

- Make a crossover at each corner, aiming to do a 90 degree turn with one crossover to make a perfect square.
- Do various stops or turns at each corner.

Jumping

Set up various heights of cones for girls to jump over – aim for any of the following:

- Height over cones
- Length of stride
- Jumping over backwards
- Leaps
- Hops
- Multiple hops/jumps in a row

Limbo

Set up a bar or a line which girls must squat under

Skills Tests and Benchmarks

Speed

Five Lap Time Trials

Time how long it takes to get around the track 5 times, noting the splits per lap to figure out at what point the skater slows down.

Two Minute Distance

How many laps can you do in 2 minutes? Make sure to mark out the track with $\frac{1}{2}$ and $\frac{1}{4}$ marks so you can record partial laps for future reference.

Stopping

On a Dime

Specify a spot on the floor where girls need to be totally stopped by – work plow, t-stop and toe stops

Timed Stop

At a whistle, girls must stop asap and not move until the whistle blows (similar to Red Light/Green Light).

Skills/Balance

Turns

Make sure a specified pace is determined – skaters must be able to do turns at a decent speed if they are going to be effective in a game

Falls

Make sure a specified pace is determined – falling skill is more than just taking a hit and not getting hurt. It is how fast you can get up and get back into the pack. This test works sprint starts (toe stop run, duck walk) as well as the safety aspect.

Texas Two Step/Leaping Around Rink

This drill makes it very clear how skilled the girl is at weight transfer, balance and what her quad/butt strength is.

Cone Weave

Time how long it takes to navigate cones in a line at a set distance to increase awareness of agility.

Suicides

Time how long it takes to navigate a set course of suicide laps.

Blocking

One on One

A team of 3+ ranks (on a 1-5 scale) the following skills:

- Taking a hit
- Giving a hit

Sample Practice Drill Lineups

Focus on Basic Skills

For beginners or those who wish to re-examine their fundamentals, these drill lineups will help skaters get back to basics and improve their form.

Lineup 1 - Basics

Starts (Toe Stop Runs/Power Pushoffs)

Stops (T, Plow, Toe)

Red Light/Green Light

Obstacle Course

Pack Skating

Lineup 2 – Balancing (A)

Balance/Tiny Steps

Falls

Crossovers (left and right)

Jumps and Hops

Whistle falls/sprints

Lineup 3 – Explosive Power

Crossovers/Skating the Track

Jumps

Blocks

Shark Tank

Lineup 4 - Beginning Endurance

Sprints (counter and clockwise)

Turns

Toestop turns

Whistle Turn Drills

Lineup 5 – Balance (B)

Suicides

Side Steps (without and/or with balls and partners)

Weaves/Eggshells around track

Freeze Tag

Lineup 6 – Assists and Teamwork

Pacelines

Whips and Pushes (via partners)

Capture the Flag

Blood and Thunder

Focus on Endurance, Quickness and Agility

The following drill lineups focus on transferring focus from the individual's skills to what their strengths/weaknesses are in the pack, and then adding in other skills to work the skater's multi-tasking skills. These lineups are suggestions for a 1.5-2 hour practice. Make sure there is adequate rest time – a one 2-5 min water break should be taken every half hour is suggested.

Lineup 1 - Foundations

Pyramid Sprints

Pacelines with or w/o slaloms, races, etc.

Suicides (individual or relay-style)

Group Sprint Relay

Lineup 2 – Challenge Each other (endurance and communication)

Whistle/Fall/Sprint (with turns or without)

80%/100% Speed Changeup

Sprint relays w/partner

Dodgeball

Lineup 3 – Strength

Squat/Sprint intervals

Jumping (length, height, width)

1 Leg laps

Land Drill Conditioning

Lineup 4 –Power

Interval sprints

Texas Two-Step

Pack Rotation

Relay obstacle course

Lineup 4 – Agility

Stepping Crossovers (no rolling)

Slalom relays

Toe stop/duck walk races

Jumping turns and tricks

Lineup 5 – Game Skills

Suicide relays

Sprint starts (1 lap races)

Booty Blocks (with partner)

Blood and Thunder

Lineup 6 – Alertness

Identifying your jammer

Closed eyes laps w/partner

Advanced whips (inside, underhand, etc)

Freeze Tag

Skater Classifications



Skater Name and Number _____

Recruitment Date _____

Assessment Skills Needed to Qualify for Each Level

level 1		can begin doing contact in practice
# of practices attended (minimum of 4)		
Skating Posture		bends at knees and hips with shoulders back swings arms fluidly
Stride		has steady, confident, fluid strides uses both feet to push forward on straight-aways
Stepping (from a standstill)		forward and backward side to side in both directions
Squatting		while skating squat and coast through the entire straightway and turn squat and propels self on straight-aways and around turns
Fall safely		single knee double knee figure 4/baseball slide 180 degree turn single knee fall
Perform one-foot glides with each foot for the length of the straightway with good balance		
Has the ability to propel self while keeping all eight wheels on the floor		
Can move easily and fluidly from one side of the skating lane to the other		
T-stops		skater must come to a complete stop from a brisk pace, using proper form and without losing her balance
Dragging toe stops		
Crossovers		performs smooth crossovers while skating at a brisk pace going into and coming out of turns uses both feet to push during crossovers

level 2		Eligible to scrimmage and take derby name (names after 8 practices)
# of practices attended, minimum 12.		
Understand positions, game play and penalties		
Complete 5 laps around the track in 1 minutes (speed)		
Complete 20 laps in 5 minutes (endurance)		
Skate backwards		
Turning toe stops		
Whips		giving whips receiving whips
Pushes		giving pushes receiving pushes
Turning from front wards to backwards & continue skating		
Turning from backwards to front wards and continuing skating		
Hopping		with both feet moving forward, both feet landing simultaneously from one foot to the other
Can look left, right, and behind quickly and unexpectedly while skating		
Weaving		maneuvers through 10 cones placed six feet apart, covering both straight-aways and turns demonstrates weaving through a line of moving skaters that are an arm's width apart (snake drill)

Pacing	varies speed while being "sandwiched" between two skaters, maintaining and arm's length distance without falling, tripping, overtaking or running into
Unexpected Obstacles	Skating within a pack of at least four other skaters, who are falling in front of the such as another skater who has fallen within a pack by avoiding or safely falling without hurting self, the fallen skater, and without causing an unnecessary hazard
Leaning	skates while leaning shoulder to shoulder with another skater without falling, while maintaining an upright position and propulsion
Bumping	maintains or recovers balance while being bumped into and having wheels
Checks	performs checks with legal body parts delivered within legal blocking zones with

level 3 Eligible for team placement and bouting

Date player began scrimmaging. (minimum 1 month ago)
Good understanding of game rules
Skate fast enough to stay in position in the pack
Theoretical understanding of/attempts replacement blocking
Take and give hard hits responds safely to heavy checks without falling or falling safely, accurately and
Body blocking performs with good posture and without loss of balance or focus
Attempts assists in game situation
Play a 10 jam period with less than 5 breaks

level 4 Eligible for Travel Team

Take, give and avoid hard hits
Play at least one position very well
Play a 10 jam period with less than three breaks
Work well and use teammates' skills
Offer assists more often than not
Moderate ability to body block

level 5 Excellent

Play all positions well
Play a 10 jam period with a maximum of one break
Offer assists on most jammer passes
Expert replacement blocking skills
Can body block well & usually get around a single body blocker

Mentor Choices:

Additional Goals:

Comments:
