

Name _____

Mastering Skateboard Tricks: Grinds and Slides

Short Answer Key

1. The ollie involves popping the tail of the skateboard while dragging the front foot up towards the nose to lift the board into the air. It is essential for advanced tricks like grinds and slides because it allows you to get your skateboard onto the obstacle by getting it off the ground.
2. Choosing an appropriate obstacle is essential because it ensures that the obstacle matches your skill level and provides a safe and consistent surface for practicing. Starting with lower obstacles and progressing to higher ones as your skills improve is a safer and more effective approach.
3. You should wear appropriate safety gear, including a helmet, knee pads, and elbow pads, when attempting advanced skateboard tricks. This gear is necessary to protect you from injuries in case of falls or accidents. It provides crucial support and cushioning to minimize the risk of serious injuries.
4. Adjusting your weight distribution allows you to maintain balance by keeping your center of gravity over the skateboard. Leaning slightly forward or backward can help control your speed and stability, preventing falls or slips during grinds and slides.
5. Patience and practice are crucial because advanced skateboard tricks like grinds and slides require precision and skill. You may not succeed on your first attempts, and consistent practice helps you build muscle memory, improve your technique, and gain confidence over time.

