Name _____

Mastering Skateboard Tricks: Ollies and Kickflips

Short Answer

1. Why is it essential to bend your knees when preparing for an ollie or kickflip?

2. What safety gear should skateboarders wear to protect themselves while practicing tricks?

3. Describe the role of your front foot in performing a kickflip.

4. How do you know when it's the right time to catch the skateboard during a kickflip?

5. What should you do to absorb the impact when landing a skateboard trick?

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