

Name _____

Mastering Skateboard Tricks: Ollies and Kickflips

Short Answer Key

1. Bending the knees helps absorb shock upon landing and provides stability during jumps.
2. Skateboarders should wear protective gear like helmets, knee pads, and wrist guards.
3. The front foot flicks the skateboard's edge to make it flip during a kickflip.
4. You should catch the skateboard when it completes one full flip.
5. To absorb the impact, skateboarders should bend their knees upon landing.

