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## Mastering Skateboard Tricks: Ollies and Kickflips



Skateboarding is an exciting and challenging sport that requires skill, balance, and determination. Learning basic skateboard tricks like ollies and kickflips can be a lot of fun, but it takes practice and patience to master these moves. In this reading passage, we will dive into the step-by-step process of performing ollies and kickflips, two of the most fundamental tricks in skateboarding.

### Performing an Ollie

An ollie is the foundation of many skateboard tricks and is the first skill most skateboarders learn. Here's how to perform a basic ollie:

- **Stance:** Start by standing on your skateboard with your feet parallel to the deck, about shoulder-width apart. Your front foot should be angled slightly diagonally across the skateboard, while your back foot should be positioned on the tail.
- **Prepare to Pop:** Bend your knees slightly to get ready for the jump. Your weight should be evenly distributed between both feet.
- **Pop the Tail:** To start the ollie, use your back foot to pop (snap) the tail of the skateboard down onto the ground. This snapping motion is crucial to get your board off the ground.
- **Slide Your Front Foot:** As you pop the tail, slide your front foot forward toward the nose of the skateboard. This sliding motion should level out the board in the air.
- **Jump:** Simultaneously, jump into the air, lifting your knees towards your chest. This will bring the skateboard off the ground with you.
- **Bring It All Together:** While in the air, keep your eyes on the board, and your front foot should level it out. Extend your legs to get the board underneath you.
- **Land and Roll Away:** Finally, prepare to land with both feet on the bolts (the metal parts) of the skateboard, and then roll away smoothly.

### Performing a Kickflip

Once you've mastered the ollie, you can progress to more advanced tricks like the kickflip. Here's how to perform a basic kickflip:



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- **Stance:** Start with the same stance as you would for an ollie: feet shoulder-width apart, front foot angled diagonally across the skateboard, and your back foot on the tail.
- **Prepare to Pop:** Just like with the ollie, bend your knees slightly and get ready to pop the tail of the skateboard.
- **Pop and Flick:** Pop the tail as you did for an ollie, but this time, add a flicking motion with your front foot. Use the edge of your front shoe to flick the skateboard's edge towards the ground. This motion will make the skateboard flip beneath you.
- **Jump and Watch:** As the board flips, jump into the air and keep your eyes on it. You'll need to time your jump to catch the board with your feet once it completes one full flip.
- **Catch and Land:** As the skateboard completes its flip, use your front foot to catch it and your back foot to guide it. Aim to land with both feet over the bolts for a clean landing.
- **Roll Away:** Once you've landed, bend your knees to absorb the impact and roll away confidently.

### Practice Makes Perfect

Remember, learning skateboard tricks like ollies and kickflips takes time and practice. Start by perfecting your ollies before attempting kickflips or other advanced tricks. Safety should always be a priority, so make sure to wear protective gear like a helmet, knee pads, and wrist guards. Happy skateboarding!

