

Sport Coach

Having Fun with Physical Education



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Childplay that Doesn't Involve Electronics

Apparently we need a reminder that this stuff still exists.

We could get more extravagant, but these are simple affordable ideas for independent child play. As President Packer said, **no one owes children entertainment** (ref). We should not try to outdo our neighbors with the latest gadgets and extravagant sport careers. Sport and play should typically remain in its proper place: as a side recreation. We should not encourage youth to seek professional sport careers, that is not what life is about.

Outdoor:

- trampoline, swing sets, jungle gym
- explore the town, meet people, buy candy
- city park
- scooter, bike, rollerblade (be careful with skateboarding, the culture is often toxic)
- airsoft guns
- sand box, dig holes, find bugs
- play with farm animals, walk the dogs
- basketball, soccer, baseball, frisbee, golf, croquet, badminton, wrestle
- field games: hide and seek, capture the flag
- set up camp tents, fires, picnicks, ropes in the yard
- swim pool, sprinklers, water balloons

Indoor:

- put wrestling/gymnastic mats on floor of garage, make it a rough n' tumble play area or living room etc.
- fun or educational video games
- board and card games (take great care with these, they easily waste time and can lead to gambling)
- nerf guns
- dart board
- sword fencing (metal plastic or foam depending on age/skill)
- Legos, Knex, etc. hand building toys (better than Minecraft as increases hand eye coordination, etc.)
- playdough

- color & paint
- reading! Make this a popular event in your home!
- fun or educational movie, educational shows (Though they shouldn't just entertain but also instill good morals and teach things)

Chose Minimal Equipment Sports:

These are sports you could play even in a bad economy where supplies aren't very available. Its also wise to not become overly invested in these things as most aren't financially able to responsibly take on major expenses like boats (and even if they can, there's often better things to do with the funds).

Stock piling a few supplies for slightly more complex sports, such as a ball pump or a football, could help, but bear in mind others won't have these excess items, so the sports of the day won't include those complex equipment sports, so you won't have anyone to play with. Also bear in mind that in case you need to travel and only bring a few belongings, bulky sporting items would be among the first to be left behind.

(I'm not counting running, stretching, weightlifting, as those are foundational things to be doing for any sport)

- old pioneer games (they didn't have anything)
- foot bag: easy to sew little cloth bag with sand, crushed bean, or ground rock, just need feet, and shoes if you're lucky
- soccer: just need a ball
- fencing: just need sticks; metal swords if and armor if you're lucky; variations include baton spinning & bo staff etc.
- wrestling: no equipment
- gymnastics & parkour/free running
- dance: preferably you'll have some instrument to accompany it; a tin whistle is a reasonably simple instrument, such that you could even inexpensively stock pile a number of them. All instruments are hard to construct, so buy extras in this season of plenty, and learn how to repair them.
- Your health is your greatest asset in these matters. It's sort of laughable when people ignore their health yet claim to be preppers.

Sport Book Suggestion

As we start to look at various sports, I suggest a book called Rules of the Game: Complete Illustrated Encyclopedia of all Sports.

Avoid Extremes

Also allow me to say that playing sports is good, but watching them can be a toxic addiction when taken to an extreme, especially when that extreme takes away from family duties, church duties, physical health, or violating the holy Sabbath of our God.

Formal sport participation can be good on many levels, but don't let this get out of hand either. Don't let it become your life's ambition to be a professional athlete – that isn't a life in balance.

Don't let your recreations spill over into the sabbath either. Don't overbook your schedule and neglect your studies or your family.

Sport Principles Can often Be Translated to Life Principles

The reason sports are important is that the lessons learned in them are a setting where we learn principles which are true on a larger scale.

Sports aren't the only thing that can do this. Rigorous training and performance in anything can do this.

It has been said that sports build character. Perhaps on some level, but a better description is that they reveal character. If sports purely built character, every well trained athlete would have a perfectly upright character, which of course isn't the case.

A bank robber needs many of the same skills which an honest successful business man requires. Hard work, teamwork, patience, investment, foresight, etc. Just learning these skills doesn't make you a good person. It makes you an effective person, but what you do with that skill is an entirely separate issue.

Sports Teach Accountability

Sports are opportunities to apply what you've learned on a stage. To face your fears, to take responsibility, to be in a position for success or failure. Your application of correct principles shows in your success or lack of success.

At the end of the day, you can't blame your failures on bad coaches, cheating opponents, or anything else. You show up and find a way to win, or lose.

I like the story of Enders Game by Orson Scot Card. Ender is a very skilled youth, and people don't like him for that reason. They stack the game against him, trying harder and harder to get him to fail. Each time, rather than give up or make excuses for failure, he finds a way to beat his opponents.

So it is in life – we find a way to succeed no matter how the odds are stacked against us. We focus on winning rather than focusing on excuses and injustice.

Coaching Principle: Keep it Simple

I recall one year playing football where our coach had us learn just a few plays, but learn them really well. The other teams we played had many elaborate plays they were supposed to memorize. Needless to say we beat them. Kids (and even adults) can't remember all that much. Practice and master the basics, and you'll do well. Each person should have no doubt what his role is.

Coaching Principle: Lots of Scrimmage

If you just run your kids, they'll get tired.

If you have them scrimmage, they'll enjoy getting tired, and get skill while they're at it.

Sure have them run, but focus on having fun more than having pain.

Coaching Principle: Play With Them (add leader v boss pic)

If you are out in the field/court with them, they see you pushing yourself, you getting tired, you using skills and methods, they will better respect and follow you. Showing speaks louder than telling.

The leader vs the boss has been called one who sits and tells people what to do, vs one who pulls with the team from the front.

Somehow there are big fat coaches, I guess they just don't use this skill. But I find it more motivating to be told what to do by someone who personally excels in that thing than someone who obviously doesn't.

Coaching Principle: Follow the Ball

You'll see these kids standing around in 'their zone'. Kids need to know their zone fluxuates with wherever the ball is. They're more, guidelines. Players should always be moving.

Untrained kids intuitively know this, and they chase the ball. An element of this is correct. When kids over-learn the 'zone' methods, they lose this important skill which was formerly basic thought.

Coaching Principle: A Side & A Minus Pass Option

Why do people wander around, way out into space when on offense (and defense for that matter)? People with the ball always need 2 options: a minus (someone behind them to pass it to) and a side (someone beside them to pass it to). The forward will come if the side and minus are in place also.

Coaching Principle: Never Pass Unless You Have To

Why do people pass a ball when there's no one in their way? They are nervous, wanting to shift responsibility to someone else. Instead, go forward whenever you can.

The opposite is also true: when there is someone in the way, pass it.

Ballet

The finest of dances, the French revelations on dance have revolutionized the modern world of art.

Dance Resources

(I've deliberately excluded various corrupt dance forms. The following may have the potential to be wholesome.)

African traditional
Albanian
Ballet (France)
Ballroom Classical
Indian (South Asian) Traditional
Indian (South Asian) Modern (Bollywood) (this is often corrupt)
Brazilian fight dance (Capoiera)
Breakdance (beware the bad music that often accompanies this)
Bulgarian
Chinese Classical
Clogging (see also Irish Step and Tap)
Cossak (Russia)
Flamenco (Spanish) (see also tap, Irish step, clogg)
Folk (Deutschland)
Foxtrot (Ballroom variant; fast version called Quickstep)
Gavotte (Renaissance, Baroque, Gallantries)
Gregorian
Highland (Scotland)
Hungarian
Irish
Irish Step (see also clogging flamenco and tap)
Israeli

Italian

Jive (see also swing)

Kurdistan

Quickstep (fast Foxtrot)

Mazurka (Poland)

Swing, Eastern, Western, Country / Country Line (USA)

Tap (see also clogging, Irish Step, flamenco)

Tarantella (Italy)

Ukrainian

Waltz & Viennese Waltz

Resources on these Dance Forms:

-Swing Kids Alumni Page (BYU) (783 member)

<https://www.facebook.com/groups/BYUswingkids/>

-Utah Irish Dance Exchange (for Utah Irish Dancers and Parents to Ask, Discuss, Sell or Buy anything concerning Irish Dance! This is NOT for just one school, but EVERYONE in Utah areas!) (291 members)

<https://www.facebook.com/groups/1438686883035432/>

-Salsa and Ballroom Dancing in Utah (364 members)

<https://www.facebook.com/groups/125440385180/>

-Clogging vs. Tap vs. Irish Step (competition between the 3)

<https://www.youtube.com/watch?v=gNedaRNLAde>

-Top 10 traditional dances

<https://www.youtube.com/watch?v=mvPWgo3JL9c>

part 2 of 10 traditional dances (10 more):

<https://www.youtube.com/watch?v=igGEwbzE3V8>

-The Difference between East and West Coast Swing Dances

[https://myballroomdanceclub.com/2011/08/24/ballroom-dance-](https://myballroomdanceclub.com/2011/08/24/ballroom-dance-explained-the-difference-between-east-and-west-coast-swing-dances/)

[explained-the-difference-between-east-and-west-coast-swing-dances/](https://myballroomdanceclub.com/2011/08/24/ballroom-dance-explained-the-difference-between-east-and-west-coast-swing-dances/)

(west more sensual, east faster. Explains time periods and other sub types of swing also.)

-Sky Dancing: How One Dance Group Defies Gravity (Bandaloop Dance Company)

<https://www.youtube.com/watch?v=BYujQ4MinDE>

-East coast vs west coast swing

https://www.youtube.com/watch?v=7P_o_ERFLwo see also

westcoastswingonline.com

(west is slower and in a line back and forth, east is faster and in a circular pattern)

African traditional

Albanian

Arabic (see also Turkish, Lebanese)

I'm not a fan of belly dancing but I've not given up on the search for good Arabic dance.

Ballet (France)

Ballroom Classical

For a Wikipedia article on Ballroom dance and subtypes including modern variations:

https://en.wikipedia.org/wiki/Ballroom_dance

Indian (South Asian) Traditional

Indian (South Asian) Modern (Bollywood)

Much of this is scandalous but some can be uplifting.

Tutorial from Monkey See: <https://monkeysee.com/how-to-bollywood-dance/>

Brazilian fight dance

Breakdance

Bulgarian

Chinese Classical

Clogging (see also Irish Step and Tap)

Cossak (Russia)

Country Swing (USA) (see also Eastern Swing, Western Swing, Country Line)

After searching high and low for dance instructions with modest teachers, we found a series “Swing Dance Lessons on DVD”.

Country Line (see also country swing) (USA)

Flamenco (see also tap, Irish step, clogg)

-Flamenco Street Dancing in Spain

<https://www.youtube.com/watch?v=LYwO3aeBLtQ>

- 2016 IDO World Championships - "Spanish Flame"

<https://www.youtube.com/watch?v=qCVtQirdNkc>

Folk (Deutschland)

Foxtrot (Ballroom variant; fast version called Quickstep)

Gavotte (Renaissance, Baroque, Gallantries)

-<https://www.youtube.com/watch?v=P0tB2rGh1kM>

-<https://en.wikipedia.org/wiki/Gavotte>

-<https://www.britannica.com/art/gavotte>

Gregorian

-Georgian Dancers Push Their Physical Limits for Tradition

<https://www.youtube.com/watch?v=1ObbGydVSg4>

Highland (Scotland)

Hungarian

Irish

Irish Step (see also clogging flamenco and tap)

Israeli

-Rosh Hashanah Rock Anthem

https://www.youtube.com/watch?v=T_M5-qthA8w

-Y-Studs (A Capella) - Evolution of Jewish Music

<https://www.youtube.com/watch?v=gbeArPQqsc8>

Italian

Jive (see also swing)

Kurdistan

Quickstep (fast Foxtrot)

Mazurka (Poland)

Swing, Eastern (USA) (see also Western swing, country swing)

Swing, Western (USA) (see also Eastern swing, country swing)

Tap (see also clogging, Irish Step, flamenco)

-Arther Duncan - "Tea for Two" - tap dance on The Lawrence Welk Show <https://www.youtube.com/watch?v=homQ3kgI4Fo>

Tarantella (Italy)

Turkish (see also Lebanese, Arabic)

Ukrainian

Waltz (see also Viennese Waltz)

Viennese Waltz (see also Waltz)

Irish Dance Steps

- Knee up with toe pointed bringing foot up to other knee
- 3 steps/hops then bring foot up in the back and to the side and hit hand on interior side of foot, then 3 steps, and other side.
- Bring pointed toe let up high followed by other leg, then do so backwards with long length reaches behind
- Shuffle to side 7 step
- Foot up to knee then pull around back
- Hop over bucket with far side right then left foot click
- Arms momentum big swing arms and crouch down and thrust arms up jumping max height and wrap arms around tucked legs
- Star hop big spread eagle, particularly after a low crouch
- Dance around bucket in circle, occasionally tipping hat to it, it is lady

Flexibility

A BYU cross country running coach once said something to this effect: give me the strongest runner, and though he may not currently be the fastest, I will train him in flexibility, then he will be the fastest.

Footbag (Hacky Sack)

Minimal equipment, maximum fun! Get your 1st 100 kicks down, then move on to tricks. This is fun for indoor and outdoor play, alone or with friends.

Jumping

While holding stick, jump through it and back. Jump over things, standing and running, and make it higher and higher. Pole vault. Long jump / Jump at the mark. Weighted shoe jumping. Jump roping. Jumping jacks.



Gymnastics

The sky is the limit here! This is one of the most magnificent arts of the body and requires great strength.

Martial Arts

Have fun while learning to defend yourself. Historical European Martial Arts (HEMA) as well as Asian Martial arts. From what I understand, there is a \$40/month club in the Provo Utah area for HEMA. Groups for this sort of thing are hard to find. You will find HEMA duels at Renaissance festivals. It would also be interesting to see modernized HEMA type dueling, using the blunted broad sword, but with much more convenient armor.

Running

If you can avoid injury, running can be a good in many ways. If you're into marathon class shoes and want a "fit like a glove" special shoe, go to Salt Lake Running, but you'll not get out without spending at least \$100. Runners Corner is also good. They'll analyze your gait, etc. Some aren't running fans. Runners insist, "it's because you don't run enough." I heard a story of someone who set out and ran 2 marathons then never ran again just to prove that they hated running. So, running isn't for everyone.

Soccer

The #1 sport of the Millennium! Ok maybe that's an overreach, but I love this game! If you can get people together, this minimal equipment sport is an excellent puzzle, and requires great stamina. Minimal equipment, maximum strategy, great athleticism required.

I once had a coach tell me that to play a soccer game effectively you should be able to sprint 9 miles. Bring it on!

Strength Training

Naturally you'll gain strength in any sport, some more than others, but independent strength training in addition to your sport will help you excel in your sport to a most satisfying degree. Strength training isn't to be emphasized for small children, as their training is focused on finding joy in the sport itself, and later with more maturity will they recognize a need for independent strength training if their passion for sports flowers. Be careful with taking protein supplements, God intended you to get them through eating foods they way they occur in nature. Taking too much protein is extremely detrimental to long term health, overly expediting the metabolism. Humans are not fragile, and are meant to be strong. This being said, even if we are eating healthfully, eating to the point that we build up ultra-massive muscles is seen as harmful to long term health by many physicians. Linebackers in football are the shortest lifespan career in the USA (part of that of course is due to their atrocious diet).

Sword Fencing

One of my favorites, what's not to love about sword fencing? Brigham Young endorsed learning this sort of thing as well. Here are a few basics:

The sword fencing Piste (platform) is 2m wide & 14m long. Epee Foil and Saber are the three types. In Epee the target is the whole bod. Foil upper body no arms. Saber all upper body yes head. Typically, only the point of the sword scores a point, but in Saber one can hit with side of sword too.

Wrestling

We've highlighted this elsewhere, but Joseph Smith was great at wrestling (especially when he wrestled under the influence of the spirit of the Lord says Truman G Madsen, that when in this condition, he never lost a match!) Kids of course need to wrestle with their dad. This rough and tumble time is a great time to teach kids boundaries. They can learn how to interact physically without hurting one another. This is great bonding time, and is good clean fun.

Paintball/Airsoft

I like these as you can actually play combat games, something you can't do with real firearms.

ansgear.com is recommended by SB paintball; get a complete setup on the low end for around \$200-\$350. Or just rent at SB in AF Utah for around \$35 for a 2 hour session.

Gun? The Tippman 98 has been a popular reliable paintball gun for a long time and continues to be a standard in the sport.

Basketball

This sport is good because its popular enough that you can actually find people to play it with.

Here are some shooting tips for basketball:

Feet point at hoop

Feet even, not 1 in front

Middle finger in center

Aim for the 3 lace holders in front of you

Ball thrown high so tall can't block it

Ball should spin backwards

Practice shooting with 1 hand

Nondominant hand is only for alignment

Don't aim for backboard Square unless layup

Jumping to make you more parallel with the hoop increases your odds.

Depending on how tall you are is how much arch you need on the shot.

Skateboarding

This is lots of fun, but beware the punk drug culture. Hit the skatepark early before the swearing. If you skate a lot, you might get to know some of the guys and you can ask them to tone it down; but this is hard for youth to do. Throwing on some headphones at the park is a good tool too. Despite the danger, beware outright condemning this sport. It doesn't have to be negative. If this really calls the heart, go for it. Get out there and be yourself. Skate on brother!

Skating is an individual rather than team sport, so make sure you try some other sports too to learn the team lessons.

I wonder if skating culture is rough because parents have abandoned their kids to this. Other sports often have parents showing up to support, rarely so in skating. So the kids are all left to themselves. No wonder things get a bit crazy sometimes. We can step in and show positive support.

Skating doesn't have to be a negative culture. Teach your kids how to handle peer pressure. Help them be sure in their faith. Help them know their limits. Go to the skatepark with them. There are lots of things you can do to make this a positive sport.

Also I'll say the culture isn't all bad. Sure there's a handful of rough kids into this, but so it is in all sports. Most of the kids in skating sports are great kids just having fun.

Focus on the Ollie

The ollie is the heart of all skateboarding, and it unlocks the biggest fun in skating, so focus on that skill. Board flip tricks are really more trouble than they're worth, but sort of fun if you're really into it.

You meet kids who are pretty good and have been skating a while, but their ollies have never been mastered. This seriously holds them back!

Something many neglect in their ollie is learning to crouch on landing. This will save your knees, your board, and help you pull off smooth transitions and tricks.

Nothing looks better than a flip trick which is done high up in the air, caught early, and landed flawlessly. To pull this off, the ollie is key.

It's been said that whatever you can jump over, you can ollie. Practice jumping, jumping rope, jumping over stuff, etc.

Ollie High

Lets face it: jumping over stuff, on to stuff, and between stuff is the coolest thing about skateboarding.

The “back foot flier.” Bring that back foot up high as you can, it’s usually what keeps an ollie down. Make sure the back foot goes as high as the front foot.

Slide front foot all the way to the nose.

Landing is important: come down with it, don’t just land stiff. Bend the knees.

If you can jump over something, you can ollie it (minus a few inches for hardware). So practice jumping over things.

-3 steps: 1. pop 2. Jump 3. “ninja kick” (slide/fold back foot in to bring board up higher)

-bring knees high as can, up to chest

-practice jumping over stuff as seen in the pictures above

-everyday is leg day: working our legs all the time

-wear a weighted belt or vest while skating

-back foot ball of toe on edge of tail, front foot just behind front bolts

-front foot slides all the way to the nose

-back foot is lifted into air, and push feet outward/forward

-practice the ollie all the time, build the muscle memory. Do it everywhere. Do it on the flat as you travel. Constantly.

-practice while holding onto something

-feet go in teeter totter motion

-back foot needs be on very tip for max hop / backfoot height

-must learn, like basketball to not look at the ball, to not look at the skateboard, but at my destination. Trust the board to come with me.

-ollie is the great key to skating, as all air tricks involve an ollie

- ollies involve moving forward; jump forward with your ollie so you land your back foot on the bolts not tail.



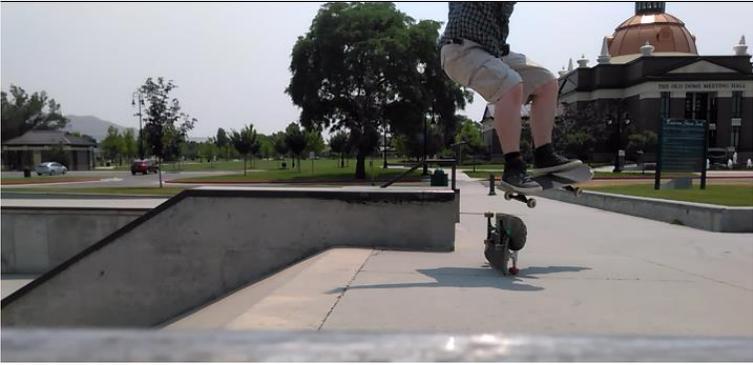




Airing Over Some Boards









[Airing Some More Boards](#)







The 6 Tricks to Learn After Ollie

Frontside 180, Backside 180, Pop Shove it, Front Shove, Kick flip, Heel flip.

These tricks are some basic ones to get you comfortable before you move on to more complex tricks. They also happen to be in and of themselves some of the coolest things you can do on a skateboard if you can do them clean, and put them into your platform transitions.

Frontside 180

-practice a frontside board slide to get familiar with the motion

-try a 90

-keep straight over the board, board flying away can mean you're not balanced over the board

-turn your head backward before the trick so you're looking in the direction you need to spin

Backside 180

_(rotate 180 degrees clockwise, keeping board under foot)

-practice a backside boardslide to get familiar with the motion

-pull up knees

-jump higher

-feet stay under shoulders

-posture straight

-face looking backward before the pop, then big pop

-spin quickly so you can see your landing before you hit the ground; finishing a trick a few inches before you hit the ground is always preferred to a last minute finish just before touching back down.

-as you rise up already shoulders and head turning

-after ollie push front foot forward and bone it out

-land with legs bent

Pop Shove it

-big pop, little shove

Front Shove

- helps to me moving
- back foot: pop straight down, then give a little nudge forward
- practice with just back foot
- front foot setup is straight
- then practice with both feet to start, and landing it with just front foot
- leave front foot close to the board to keep it from turning into primo on its side
- then the whole trick by bending up the back knee and committing;
- the front foot coming down will bring the board down, then place the back foot on it
- the board would go behind you but if pop straight down it'll go in front of you
- this is not like the shove it which is a scoop

Kick flip

- look at the nose of your board where you're going to flick
- put your back foot on the back edge of the board so pop is big
- try to not fling hands around, let your feet do the work

-kickflip as in all tricks, the key is the back foot. the pop and lift of the back foot, springing from the back foot, this gives the height and max trick beauty and power.

- kickflip board goes to side because flipping the side not the corner nose.

-biggest mistake in kickflip is one foot landing on side. that means you didn't commit

-if your board doesn't flip enough, narrow your foot stance

kickflip notes from: <https://www.youtube.com/watch?v=-9ObaLwecNc>

-before kickflip learn these more basic tricks to gain board handling skills: backside 180, frontside 180, pop shove it, front shove, heel flip, then finally kickflip.

-front foot at 45 degree angle

-drag front foot to corner (not to side)

-flick the ankle to flip the board

-if your foot is on the ground before the board you're doing it wrong

-land back foot first once rotation is done

-leave front foot always higher than the board

-practice not landing your back foot on the board until you are good at the full 360 rotation of the board

Heel flip

-put toe over edge of board

-heel goes over the front corner of board, not side of board

braille heelflip: <https://www.youtube.com/watch?v=OvJUBb9aXZI>

-front foot a bit off of the board to assist flick for spin

-stand and practice the heel flick/click off of corner at top motion

-almost ollie but heel come off edge

-in the flick the toe comes up; the kick isn't downward motion, it's upward motion, just like kickflip

-catch with back foot

-both feet are always above the board. feet below means flick wrong or not committing

note from me on kick and heel flips: setup feet for the trick, the do highest ollie you can & the flip trick will happen

Increasing Levels of trick mastery

-watching

-not watching

-standing still

-moving slow

-moving fast

-doing it off a drop off

-doing it over a gap

Alt level breakdown:

- non moving looking
- moving non looking
- non moving non looking
- moving non looking
- do all that moving fast
- land on the trucks with crouch knees
- do it down 1 stair, then mult stairs / ledges / gaps
- do it fakie (not switch, that's an entirely different trick in my opinion)
- mix it with other tricks

Bowls

- dont have chest face down the ramp, have upper body lined up with knees.
- lower front shoulder
- dropping in Tony Hawk: commit, shift weight.
- try riding up to the top
- if you hesitate your weight leans back
- you must get your front wheels down
- lean forward because it's going to take you forward
- don't keep legs straight

