

# Roller Skating Sport Training



## **A special thanks to**

Doug Perry (SONC Sport Staff), Tappie Dellinger (Ice Skating Sport Development Team) and Alison Hartman, PT DPT from [Pro-Activity](#)  
For content/photo contributions!

## **You chose Roller Skating as your primary sport this season.**

Partner Up Power Up will start with fitness training.

All sport training starts in Week #3 of the Partner Up Power Up program.

Live sport training sessions are scheduled for every Thursday.

This means you will start the sport training on September 24.

You are welcome to do sport training on other days if you would like.

The great thing is that you can do this training at home to prepare you to perform better in this sport!

## **Planning on joining the live sport training session?**

Email [sports@sonc.net](mailto:sports@sonc.net) for access to the live sports training session! Please note you must be a registered participant for Partner Up Power Up.

## **Are you also interested in other sports this season?**

You can join other online sport sessions on any Thursday starting September 24. Email [sports@sonc.net](mailto:sports@sonc.net) for more information.

You can also view recordings of all sport sessions on the SONC web site at <https://sonc.net/sports-competitions/power-up/>



**September 10, 2020**  
**Training Thursday – Week #1**

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 4-5). You can also join the live fitness training session.

**September 17, 2020**  
**Training Thursday – Week #2**

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 12-14 & 16). And there is a live fitness training session.

**September 24**  
**Training Thursday – Week #3**

**October 1, 2020**  
**Week #4**

**October 8, 2020**  
**Week #5**

**Time to start your sport training!**

Every Thursday, you will do the following:

In this order	Training for that week	Where can you find it
1	First, let’s warm up!	In your Partner Up Power Up Playbook
2	Let’s get strong!	In your Partner Up Power Up Playbook
3	Your sport skill workout	On the following pages
4	Now, let’s stretch it out!	In your Partner Up Power Up Playbook

**Thursday Live Sessions**  
**Every Thursday starting September 24**



**Join us online:**

<https://zoom.us/j/92514021762>

**Join us by phone:** 1-929-205-6099

**Meeting ID:** 925 1402 1762

# September 24, 2020

## Roller Skating Skills



Go through all **4** exercises once, then do them **two more times**.

### 1. Leg Swings



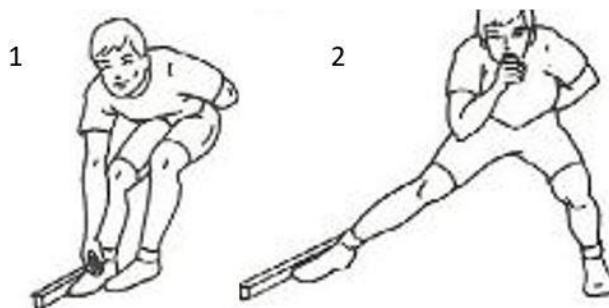
- Stand on one leg, swinging the other leg from front to back
- If you need to, lightly hold onto something for stability
- Swing one leg **20 times**. Then, switch legs and swing for another **20 times**.

### 2. Walking on a line



- Find or make a straight line on the floor
- Walk on the line for **20 steps**, with right and left landing on the middle of your line on each step
- Then turn around and walk back.
- Walk this line **two more times**.

### 3. Side Board Push



- Wearing only socks, find a space on a hardwood or tile floor
- Push the outside of our right foot against the wall (figure 1), with your knees bent
- Extend your left foot towards the center of the room and push off the wall with your right foot
- Do this **10 times**, then turn and do the drill with your left foot against the wall **10 times**

### 4. Pillow Agility



- Place a pillow on the ground, with a few feet of free space on either side (figure 1)
- Put your feet together on the left side of the pillow and jump over the pillow sideways (figure 2) landing on the other side (figure 3)
- Jump over the pillow **20 times** (if you start to get too tired, you can step over, one foot after the other)

**Remember to go back through all 4 exercises two more times.** Then, it's time for cool-down! You will find those stretches in the playbook.

# October 1, 2020

## Roller Skating Skills



Go through all **4** exercises once, then do them **two more times**.

### 1. Kneeling Rotations



- Get down on one knee with a ball in your hands, extended out in front of you
- Rotate your arms and upper body to the left, 90 degrees
- Then rotate all the way back to your right, 180 degrees
- Make sure your lower body is stationary
- Do **10 180 degree rotations**, switch knees, and do **10 more**

### 2. Single Leg Ball Toss



- Stand on one leg and toss the ball in the air
- Catch the ball while maintaining balance and toss it up again
- Stand on your left foot and **complete 25 tosses**
- Switch feet and **complete 25 more**

### 3. Walking Crossovers



- Find an open space where you can take 10 big steps
- Crouch down at your waist, with your left leg straight down and your right leg extended out to the side (picture 1)
- Cross your right leg in front of your left leg (picture 2)
- Uncross your legs by taking a step with your left, ending in a similar position to which you started
- Complete these steps **10 times**

### 4. Duck Walk Shuttle Run

- Use the same space you used in exercise 3, and place a cone (or a household object like a shoe) at each end
- Extend your right leg forward as far as possible, to the point where your left shin is parallel to the ground (figure 1)
- Straighten back up and do the same thing with your left leg (figure 2 and 3)
- Move between each end **5 times**, staying low while you are moving in between the cones



**Remember to go back through all 4 exercises two more times.** Then, it's time for cool-down! You will find these stretches in your playbook.



Go through all **4** exercises once, then do them **two more times**

### 1. Single Leg Stance with Rotation



- Stand on one leg with your arms extended
- While keeping your balance, alternate swinging your arms straight forward
- Swing arms from right to left **10 times**. Then, switch legs and swing arms from right to left **10 times**.

### 2. Clock Taps



- Set up three cones or objects: one in front of you, one behind, and one to your left side
- Standing only on your right foot, use your left foot to tap the front cone, then left cone, then back cone
- Bring your left foot back towards your standing leg between each tap
- Try not to put your left foot on the ground
- Do **15 total taps** (front, side, back, side, front, etc). Switch legs and do **15 total taps** with the same pattern.

### 3. Wall Drill – High Knees



- Stand 3 or 4 feet away from and facing a wall
- Lean forward and place your hands on the wall so your body is at a 45 degree angle
- Drive up your knee until your thigh is parallel to the ground; return to the ground and repeat with your opposite foot. This is like a mountain climber, just using the wall instead of the ground!
- Do this **20 times**. Make it harder by going as fast as you can! Wear shoes so you don't slip!

### 5. Rear-Foot Elevated Split Squats



- Stand about two foot lengths in front of a chair
- Bend your left knee and place your toe behind you on the chair (see picture 1)
- Move your entire body down so your left knee is almost hitting the floor (see picture 2)
- Complete this motion **5 times**, then switch feet and complete **5 more**

**Remember to go back through all 4 exercises two more times.** Then, it's time for cool-down! You will find those stretches in your playbook.



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You made it through the first three weeks  
of the sport training program.

You will receive the training program for the  
next 5 weeks in the mail.

Don't forget to fill out your weekly trackers and share  
them with your coach or partner.

Write your sport activity in under "other activity".