



Roller Skating Sport Training

A special thanks to

Alison Hartman, PT DPT from [Pro-Activity](#)
Roller Skating Sport Development Team
For content/photo contributions!

You chose Roller Skating as your primary sport this season.

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 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 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/>



Go to the pages listed below in the Weeks 6 – 10 playbook and the sport skills in this packet for your weekly workouts.

Partner Up Power Up Week #	Thursday Date	1 Let's warm up!	2 Let's get strong!	3 Sport Skills	4 Now, let's stretch out!
6	October 15	Page 4	Page 5	This packet	Page 6
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Thursday Live Sessions

Join us online:

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

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

Meeting ID: 925 1402 1762



1. Squat Row



- Wrap your resistance band around something heavy or won't move.
- Hold the ends in each hand.
- Squat down (chair behind if needed) and hold the squat while pulling both arms back in an even row.
- Repeat for 30 seconds, holding the squat position
- Modification: Sit in chair while squeezing glutes during exercise.

2. Lunge Hold Around the World (right & left)



- Stand up tall. Take a big step back with your left leg, and drop your back knee toward the ground.
- Hold an object in front of you.
- Keeping your body very still and only moving your arms, move the object up around your head in a circle, and return back in front. That is **1 circle**.
- Do the same thing but go the other direction. That is **2 circles**. Do a total of **20 circles**; 10 each side, or keep going for **30 seconds**.
- Take a quick 15 second break. Then, stake a big step back with your **right** leg and drop your back knee toward the ground and repeat the steps.
- Modification: Sit in chair while sitting tall and keeping core strong and still.

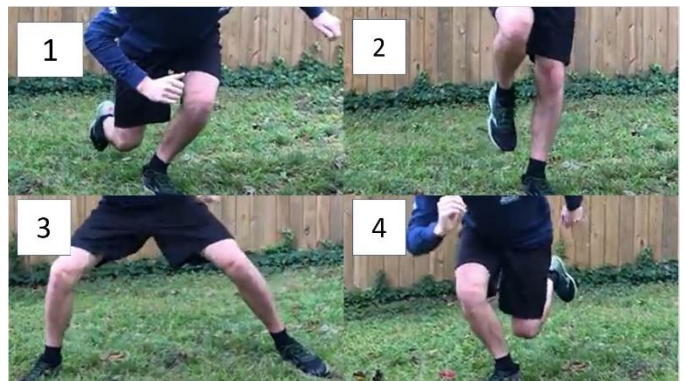
3. Baby Steps

- Get into a deep squat with your legs close together
- Take a small step forward with one foot while remaining crouched, while pushing up to your toe on your other foot
- Keep your hips and shoulders level to the floor, moving forward **slowly** and maintaining balance
- **Take 10 steps across the floor, and turn around and walk back to your starting point**



4. Skating Form - Squats

- Standing on your left leg, bend your right knee and extend it backwards into a squat (1)
- As you rise up (2), step wide outside your left shoulder with your left leg (3)
- Complete the same step on the opposite side (4)
- **Do 10 squats on each side, for 20 total**



Remember to go back through each exercise 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

1. Tall Kneeling Y Raise



- Wrap your resistance band around something heavy or won't move.
- Hold the ends in each hand.
- Keep your core very tight and raise your arms up into "Y" shape overhead.
- Lower back down slowly. **This is 1.** Do this for **30 seconds** or **20 reps**.
- Make sure you are keeping your core and body still and just your arms are moving in and out of the Y position.
- Modification: Sit in chair while raising arms to a Y.

2. Single Leg Balance (right & left)

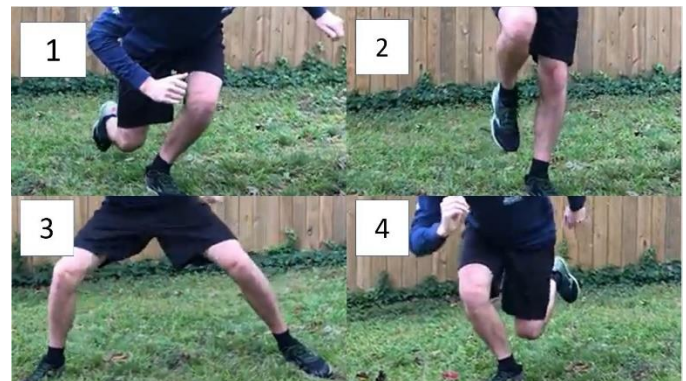


- Stand close to something you can hold onto to steady yourself as needed.
- Pick right foot up off ground.
- Try to bring your right knee up to hip level.
- Keep eyes up straight ahead.

- Balance here for **30 seconds**. If you need support, you can use a chair or a wall.
- Challenge yourself by moving farther away from your support object!
- Take a quick 15 second break. Then, lift your left leg, keeping your right foot on the floor.
- Modification: Sit in chair while sitting tall and lifting foot off the ground as much as possible, sitting tall in the chair.

3. Skating Form – Squats

- Standing on your left leg, bend your right knee and extend it backwards into a squat (1)
- As you rise up (2), step wide outside your left shoulder with your left leg (3)
- Complete the same step on the opposite side (4)
- **Do 10 squats on each side, for 20 total**



4. Skating Form - Hops

- This drill should look similar to the last, but much quicker.
- With your left foot leading (1), jump a few feet to your left (2), and crouch down into your skating stance (3)
- Explode back the other direction, doing the same on your left side (4)
- Jump and squat to your skating stance on each side **10 times, for 20 total**



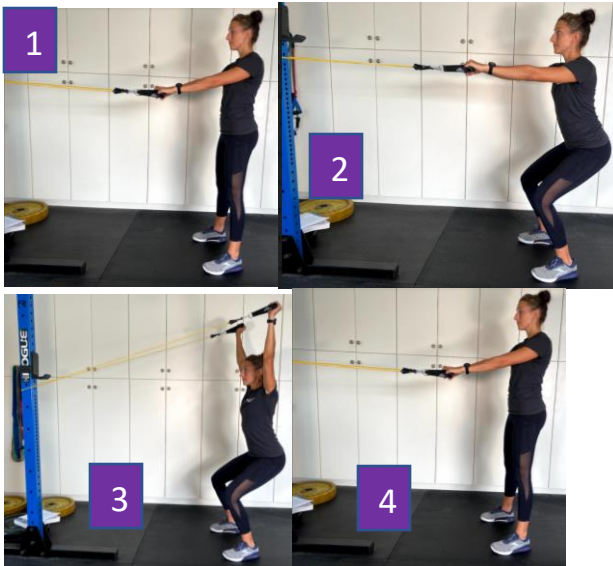
Remember to go back through each exercise 2 more

times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

October 29, 2020

Roller Skating Skills

1. Mini Squat Y Raise



- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Bend your knees and reach your hips back slightly to a mini-squat. Hold the mini squat position and raise arms up into "Y" shape overhead.
- Lower arms slowly and stand up. **This is 1 rep. Do this 20 times or for 30 seconds.**
- Make sure you are keeping your core and body still and just your arms are moving in and out of the Y position.
- Modification: Sit in chair while raising arms to a Y and squeeze glutes.

2. Single Leg Balance & Row (right & left)



- Stand close to something you can hold onto to steady yourself as needed.
- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Pick right foot up off ground.
- Try to bring your right knee up to hip level.
- Keep eyes up straight ahead.

- Keep eyes up straight ahead while you pull elbows back by your side, then release to start. **This is 1 rep. Do this 20 times or 30 seconds.**
- Take a quick 15 second break. Then, lift your left leg, keeping your right foot on the floor.
- Modification: Sit in chair while sitting tall and lifting foot off the ground as much as possible, sitting tall in the chair and completing rowing movements.

3. Skating Form - Hops

- This drill should look similar to the last, but much quicker.
- With your left foot leading (1), jump a few feet to your left (2), and crouch down into your skating stance (3)
- Explode back the other direction, doing the same on your left side (4)



- Jump and squat to your skating stance on each side **10 times, for 20 total**

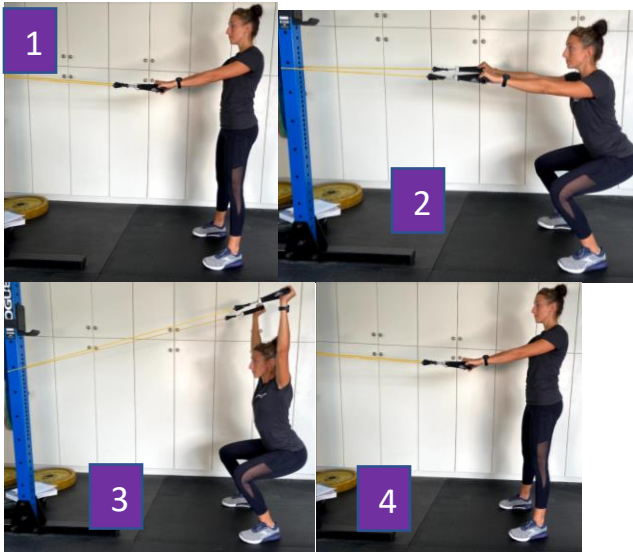
4. Skating Form – Hops with Leg Cross

- This drill should look similar to the last, but with a small twist
- When you jump across onto your standing right leg, slide your left leg past your right, with toe pointed (see picture)
- Hop into each position **10 times, for 20 total jumps**



Remember to go back through each exercise 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

1. Full Squat Y Raise



- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Bend your knees and reach your hips. Sit hips back into a squat, trying to get your hips parallel to your knees.
- Hold the squat position and raise arms up into "Y" shape overhead.
- Lower arms slowly and stand up. **This is 1 rep.** Do this **20 times** or for **30 seconds**.
- Modification: Sit in chair while raising arms to a Y and squeeze glutes.

2. Single Leg Balance to Romanian Deadlift (right & left)



- Stand close to something you can hold onto to steady yourself as needed.
- Balance on right leg & pick left foot up off ground straight behind you. Keep your back straight.
- Return left foot to ground. **This is 1 rep.** Do this with the **same leg for 15 reps or 30 seconds, then switch legs.**
- Modification: Sit in chair, lift right leg out as straight as you can, bring back, then kick right leg back under your chair as far as you can. Alternate kicking out and kicking back for 30 seconds.

3. Skating Form – Hops with Leg Cross

- With your right foot leading, jump a few feet to your right, crouch down into your skating stance
- As you do so, slide your left leg past your right, with your toe pointed (see picture)
- Hop into each position **10 times, for 20 total jumps**



4. In and Out Hops

- With your hand behind your back, squat low, with your feet outside your shoulders
- Jump up and bring your feet together, before quickly jumping again back into starting position
- Hop into each position **10 times, for 20 total jumps**



Remember to go back through each exercise 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

November 12, 2020

Roller Skating Skills



1. Squat Single Side Row & Rotate (right & left)



- Wrap your resistance band around something heavy that won't move.
- Hold the ends in each hand.
- Bend your knees and reach your hips Sit hips back into a squat, trying to get your hips parallel to your knees.
- Hold the squat position as you pull one elbow back by side, then rotate toward that side. Return arms slowly together so they are both extended. Hold the squat and pull the other elbow back and rotate to that side. **This is 1 rep. Do both sides 20 times total or for 30 seconds.**
- Modification: Sit in chair while raising arms to a Y and squeeze glutes.

2. Single Leg Reach Backs (right & left)



- Start with feet together and knees slightly bent.
- Balance on right leg, reach left leg to tap toe to the ground

behind you. It is very important to reach behind far enough but only to tap your toe.

- Return to starting position. **This is 1 rep.** and repeat on same leg **for 15 more times or 30 seconds.**
- Take a quick 15 second break. Then, switch legs.

- Modification: Sitting unsupported, slide left leg out as far as you can, then bring it back in.

3. In and Out Hops

- With your hand behind your back, squat low, with your feet outside your shoulders
- Jump up and bring your feet together, before quickly jumping again back into starting position
- Hop into each position **10 times, for 20 total jumps**



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 each exercise 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!