

# GOODPUSH

Skate Tricks - Beginner

Name \_\_\_\_\_

- |               |                 |
|---------------|-----------------|
| 1. Push       | 6. Crab walk    |
| 2. Stop       | 7. Up ramp      |
| 3. Tic tac    | 8. Down ramp    |
| 4. Carving    | 9. BS Kick turn |
| 5. Flip board | 10. Pumping     |



# GOODPUSH

Skate Tricks - Intermediate

Name \_\_\_\_\_

- |                  |                    |
|------------------|--------------------|
| 1. Manual        | 6. Shuvit          |
| 2. Half cab turn | 7. Drop in (small) |
| 3. FS Kick Turn  | 8. Rock fakie      |
| 4. Drop off curb | 9. Tail stall mini |
| 5. Ollie         | 10. Drop in (big)  |



# GOODPUSH

Skate Tricks - Advanced

Name \_\_\_\_\_

- |                  |                    |
|------------------|--------------------|
| 1. 180           | 6. Grind front     |
| 2. Half cab      | 7. Ollie off ledge |
| 3. Rock and Roll | 8. Kickflip        |
| 4. 50-50 stall   | 9. Heelflip        |
| 5. Grind back    | 10. Boardslide     |



## SKATE TRICK CARDS - QUICK TIPS

These cards are a fun and easy way to track the progress of your students. When they learn a new trick you can mark it with a stamp, sticker, hole punch, or pen. Here are a few suggestions:

- To protect the cards from damage, print them on thick paper and/or laminate them.
- We recommend that the group leader/coach keep track of the cards for the students.
- Each group leader should carry a folder or small box to keep the cards organized in the skatepark for the group they are working with.
- Use a pen to mark an 'A' for any attempted tricks that a student is working on.
- It's useful to have a rule that students have to land a trick three times before marking the trick as completed (this keeps them engaged and focuses on quality/consistency of the trick, not just ticking a box - make it harder - land it three times in a row).
- To avoid chaos, spend some time with the students before the skate session to look at the cards together and help each student decide what they want to work on that day, then put the cards aside so they don't become a big distraction or get lost or damaged.
- At the end of each session mark the card with an A for attempting or a stamp for completing the trick. You can do this together with the kids so they can help you remember what they landed or worked on.

If you have any ideas or feedback, contact [goodpush@skateistan.org](mailto:goodpush@skateistan.org) and tag @thegoodpush in your posts of the Skate Trick Cards in action!

# GOODPUSH

Skate Tricks - Beginner

Name \_\_\_\_\_

- |               |                 |
|---------------|-----------------|
| 1. Push       | 6. Crab walk    |
| 2. Stop       | 7. Up ramp      |
| 3. Tic tac    | 8. Down ramp    |
| 4. Carving    | 9. BS Kick turn |
| 5. Flip board | 10. Pumping     |



# GOODPUSH

Skate Tricks - Intermediate

Name \_\_\_\_\_

- |                  |                    |
|------------------|--------------------|
| 1. Manual        | 6. Shuvit          |
| 2. Half cab turn | 7. Drop in (small) |
| 3. FS Kick Turn  | 8. Rock fakie      |
| 4. Drop off curb | 9. Tail stall mini |
| 5. Ollie         | 10. Drop in (big)  |



# GOODPUSH

Skate Tricks - Advanced

Name \_\_\_\_\_

- |                  |                    |
|------------------|--------------------|
| 1. 180           | 6. Grind front     |
| 2. Half cab      | 7. Ollie off ledge |
| 3. Rock and Roll | 8. Kickflip        |
| 4. 50-50 stall   | 9. Heelflip        |
| 5. Grind back    | 10. Boardslide     |



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