



Fresh Meat Boot Camp: Level One | Basic Skating

Derby Form, Balance, Lateral Movement, Speed Control, Awareness:

Developing a foundation of good derby habits is a skater's best chance of being successful in the sport. Basic training focuses on derby form, balance lateral movement, speed control, and awareness. A skater must develop these skills in order to smoothly progress to learning contact and how to play the game of roller derby.

Summary of Training Schedule

Practice One: Off skates preview of all level one skills and on skates familiarity

Many derby skills are best learned off skates, initially, to teach the body muscle memory.

Practice Two: Falls, Starts, and Stops

It's important to show skaters different ways to fall, but to focus on balance - how not to fall. This practice introduces the falls needed to pass WFTDA minimum skills assessment, along with various starts and stops.

Practice Three: Derby Form & Balance

Good form is the foundation for all derby skills. This practice introduces derby stance, skating form, and balance.

Practice Four: Lateral Movement: Weaving, Stepping, Hopping

Roller derby isn't about skating forward as fast as you can. It requires a keen navigation of the track and the ability to move laterally in order to avoid an opponent or to block one. Skaters who are able to move quickly from one side of the track to the other are far more likely to win at roller derby and life in general.

Practice Five: Review and go over Level One Assessments

Review the skills needed to pass the Level One Assessment.

Practice Six: Level One Assessment: Basic Skating Skills

A skater must score an average of 2, demonstrate an adequate ability of basic skating skills, and skate at least 20 laps in 5 minutes or she cannot graduate to Level Two.

Practice Seven: Optional night to work on any skills and reassess if necessary.

We strive to help each and every skater pass the individual skater skills assessment and have built in an extra day to work on any of those pesky skills that just won't cooperate! We don't want ANYONE to miss out on level TWO!!!



Fresh Meat Boot Camp: Level Two | Three, Two, One... Contact!

Pack Skating, Assists, Blocking

Practices are dedicated to pack skating, assisting, and blocking in order to ensure that skaters have developed the skills needed to scrimmage. Instead of spending a class or two on blocking, skaters are given a class to practice each style of blocking. Both legality in execution and game play are included in the training itinerary. Skaters are introduced to new skills, practice with a partner, then practice in a pack as to simulate the feeling of actual game play.

Summary of Training Schedule

Practice One: Pack Skating, Pushes, Whips, and Hip Whips

This practice introduces partner skating, pack skating, pushes, whips, and hip whips. Skaters practice each assist, then practice in a pack. Skaters are also introduced to the Classic Whip, and practice with a partner, then in a pack.

Practice Two: Positional Blocking

Skaters are introduced to and practice positional blocking: how to locate an opponent, sit on them, and slow them down.

Practice Three: Leaning, Ass and Hip Blocks

Skaters are introduced to and practice the Classic Lean, the Cincher Lean, and the Miracle Whip, a combination lean/whip. Skaters practice locating an opponent, making contact, and dragging her off the track to draw a penalty. Skaters are also introduced to and practice several methods of blocking with their ass and hips.

Practice Four: Using your Back to Block and Shoulder Blocks

Skaters are introduced to and practice methods of blocking with their backs and several methods of blocking with their shoulders.

Practice Five: Review

Skaters learn and practice how to protect their point by avoiding blocks and building defensive walls with teammates.

Practice Six: Level Two Assessment: Basic Roller Derby Skills

The assessment tests a skater's ability to demonstrate the following skills; pack skating, assists, individual blocking, avoiding blocks, offensive blocking, and includes the WFTDA Rules Test. A skater must score a total of 52 or higher, plus score 85% or higher on the WFTDA test in order to pass to scrimmaging/Raw Meat.