



Outlaws Roller Derby

Minimum Skills Training Program

This training program is designed to be a guide to assist the coaches with drills and consistency during our three month minimum skills program. Lessons can be skipped if all attendees at training are already at a proficient level in that particular skill.

Practice #1 – 2 hours

Discuss the training program, what is expected of them for attendance, NSO training and volunteering with the league. Review the minimum skills they will be required to complete prior to graduating to Misfit Plus and what skills they will need before becoming an Outlaw and being allowed to scrimmage and play– 30 minutes

Stopping Drills – 30 minutes – set up several cones and practice both snow plows and t-stops and making sure the stop is complete by the time they reach the cone. 10 min t-stops, 10-min snow plows, 10-min snow plow drill (form a line and have the person in front pull the back of the line who is snow plowing to hold them back, then switch to teams of two having the person in front snow plow to prevent the person behind them from pushing).

Water Break – 5 minutes

Crossover work – 30 minutes – if possible, use the outside of the track to assess and provide some instruction on derby stance, crossing over and pushing with both feet.

Water Break – 5 minutes

Written Rules Test Introduction – spend last 20 min discussing the first 10 questions on the written test

Practice #2 – 2 hours

Refresh Stopping Drills from Practice #1 for 10 minutes

Gliding on one skate drills – 15 minutes. Have everyone spread out arms length from each other and practice one foot glides from one side of the rink to the other, rotating feet each direction.

Sticky Skate Drills – 15 minutes – spend 5 minutes discussing and practicing what sticky skates are. Next 10 minutes in a small pace line around a circle at the end of the rink. No weaving, just practice sticky skates and distance.

Water Break – 5 minutes

Weaving – 20 minutes – place 5 cones about 8 feet apart (this will change to 10 cones over time and will be approximately 3-4 feet apart)

Crossover skating practice – 20 minutes. Step up feel – at the edge of the rink, have skaters step up sideways on from the floor to the carpet to feel how far over they should be stepping. Spend 3- 5 minutes on this. Then use the outside of the large track if possible. If not, create the small track at the end of the rink and practice all crossovers.

Water Break – 5 minutes

Written Rules Test– spend last ½ hour discussing questions 10-20 questions on the written test

Practice #3 – 2 hours

Refresh Stopping Drills – 5 minutes

Refresh Gliding and Sticky Skate Drills – 5 minutes

Single Knee Taps (both knees) – 15 minutes

Double Knee Taps – 10 minutes

Fall Small – 10 minutes

Water Break – 5 minutes

Balance/movement – practice the skills that are done while skater is not moving – 20 minutes (1 minute explanation, 3 1-minute drills for each skill) On the first run through, have them stand straight up and try it versus in derby stance.

Side to Side

Front to Back/Back to Front

Lateral step/hop/step

Grapevine Right/Left

Quick Feet

Water Break – 5 minutes

Agility Drill – Mirror Image – 10-12 minutes

Have pairs of skaters face off to each other and mirror what the other is doing. Have them do it for 3 minute intervals and switching who is in charge. They can step forward, backward, side to side, quick feet, grapevine.

Written Rules Test Continued – spend last ½ hour discussing the questions 21-30 on the written test.

Practice #4 – 2 hours

Warm Up – Crossover for 10 minutes or join Outlaw warm up.

Pace Line – 10 min - no weaving, just get them working on sticky skates, keeping up and maintaining the gap

Water break – 5 minutes

Stopping refresher (snow plow and t-stops) – 5 min

Stopping Drills – 10 min - person in front tries to pull several people behind. The people in back are trying to hold on and stop her from pulling using snow plows. Break into pairs and have the one in front try and hold the one behind with a snow plow. Makes sure the pushes from behind stay light and don't knock them over.

Single foot glides refresher – 5 min

Toe Stop Balance – 20 minutes

Spread out around the back of the rink. Perform many of the same moves as Practice #4, but on your toe stops. Front to back, side to side, lateral stop/hop/step – about 5-7 minutes

Mirror drill again but on toe stops – give 3 minutes to each skater

Water Break – 5 minutes

Jumps – 10 minutes. Place cones on the floor for each skater and have them jump one footed over the cone.

Lateral Jumps – 10 minutes – place a row of cones on the right and a row of cones on the left and have skaters practice lateral jumps between the cones.

Written Rules Test Continued – 30 minutes or until the end of practice. Pick up where we left off last practice.

Practice #5

Crossover practice – 10 minute warmup. Before taking the track, again begin with a standstill crossover to get the feel for how getting lower increases the ability to effectively cross our legs over. Skate around the outside of the track concentrating on crossing over and pushing with both feet.

Water Break – 5 minutes

Agility Drill – 20 minutes

Space skaters out around the track or at the end of the rink. As they skate around track, blow a whistle followed by a skill they are to perform. Encourage the skaters to focus on quick response time, while performing the skill in a controlled fashion.

T-Stops

Snowplows

Tomahawk Stop

One Knee Fall

Two Knee Fall

Water Break – 5 minutes

Transitions – 15 minutes – practice transitions against the back wall making sure to fully open hips during the transition. Also practice a Tomahawk stop.

Backward skating – 30 minutes. Start by marching in place and slowly begin lifting the heels and rolling backward, toes pointed in, heels pointed out. Make sure skaters are looking behind themselves, they can put their hand on their butt and turn or they can look over/under their shoulder.

Slow skating – one foot glides on straightaways, corners.

Written Rules Test continued – 30 minutes – Review questions 10 questions

Practice #6 – 1 hour skating, 1 hour NSO/Derby Rules

Backward Skating – 20 minutes. Start again by marching in place, slowly starting to lift the feet. Make sure skaters are watching where they are going. If everyone is doing pretty well, try backwards crossovers.

Water break – 5 minutes

Crossover work – 20 minutes. Using a piece of rope, have one skater try and pull the other over using the crossover motion (not rolling). See how deep they have to lean and pull with both legs to make it work. Then work on crossovers around the outside of the track.

Pushcarts – 15 minutes. Have them line up and the person in the back pushes the row in the front one lap around the outside of the track. Once the lap is complete, that person moves to the front. Make sure everyone is staying in derby stance while they are being pushed around the track.

Practice #7 (no Tina) –

Warm up with Outlaws – 10 minutes

Switch drill – 10 minutes - Set up the small track at the end of the rink. Spread everyone out around the track. Have skaters start skating in regular direction. On the whistle, they have to turn around backwards, stop with their toe stop and start skating in the opposite direction. Continue to blow the whistle, slowly decreasing the amount of time between whistle blows.

Water Break – 5 minutes

Agility Drill – 20 minutes

Spread the skaters out evenly around the track or the end of the rink. On the whistle, one of these commands will be given:

Transition (back to front, front to back)

Cross to inside line

Cross to outside line

Hop from one foot to the other

Lateral jump from one side to the other

Jump with both feet

Water Break – 5 minutes

Endurance Drills – 15 minutes

Push carts around the large track if we can. Buddy up and do 1, 2, 3 and then 3, 2, 1.

Water Break – 5 minutes

Crossover practice – 20 minutes

Written Rules Test continued – 30 minutes – Review questions 36-40

Practice #8

Warm Up – 15 minutes

Start with crossovers around the track. Transition to a pace line and weave back to front.

Pack Work – 15 minutes

Have everyone pack up as tight as possible and do a few laps around the track. Start calling out names to have them move to the front of the pack or fall to the back of the pack.

Water Break – 5 minutes

Endurance Drill – 20 minutes

Set up a several cones, first one 20 feet apart, next one 40 feet apart. Have the skaters do the drills with a snow plow at the first cone, then back and do a t-stop. Then back to the 2nd line (at 40ft) and do a tomahawk, then back to the start and do another t-stop. Alternate types of stops with knee falls, turns and different ways of starting, duck walks, toe-stop runs. If they are not doing the drill, they should be planking, squatting or doing push ups.

Water Break – 5 minutes

Transitions – 10 minutes

Backward skating practice – 20 minutes

Written Rules Test continued – 30 minutes

Practice #9

Warm up – 10 minutes – Cross overs and pace line

Snow Plow Drill – 20 minutes – drill with skater in the front pulling the pack around while the pack tries to stop them with snow plows from behind. Then switch to teams of two and the person in front has to stop the person from behind by snowplow. If they are ready, have the person behind start to move from side to side and the person in front has to continue to block them.

Water Break – 5 minutes

Short races – 10 minutes – start down on all fours, rise up and either toe stop run or duck walk sprint to the cone. Put two skaters against each other and have them race to see who gets there first.

Beach Ball – 15 minutes - take a cheap beach ball and put the skaters in a circle and they have to keep the ball in the air. If it hits the ground, they all have to drop and do 10 push-ups.

Water Break – 5 minutes

Turning backward – 5 minutes – have everyone practice their skills of turning forward and backward for just a few minutes.

Crossovers – 15 minutes – spend 10 minutes working on form and then spend 5 minutes at 75% power making sure not to stop moving the entire 5 minutes.

Written Rules Test continued – 30 minutes

Practice #10

Warm up – 10 minutes – pace line

Laterals – 15 minutes – practice moving from one side of the track to another for 5 minutes then find a buddy and move from one side of the track to the other with their buddy for 5 minutes. Spend the last 5 minutes with the coach trying to get through their 2 wall.

Pivot Pack – 10 minutes – have everyone come into a tight pack, remember sticky skates. Give the commands: Sprint, Slow Down, Stop, Skate Backward, Step Inside, Step Outside, Switch, Fall Back, Move to Front

Water Break – 5 minutes

Positional Blocking Drill – 10 minutes - Space everyone out around the small track. Coach will skate around then each player will try and block the coach from going by with positional blocking only.

Pushing the Jammer out – 15 minutes - review different ways you can block a jammer and get her off the track. The butt block, leaning on the jammer and pushing her out of bounds, shoulder blocking, hip blocking. Have everyone pair up standing still and practice blocking each other.

Suicides – 10 minutes - place cone at $\frac{1}{4}$, $\frac{1}{2}$ and end of line. Sprint to first, sprint back, sprint to second, sprint back, sprint to last, sprint back. Twist is that all skaters not performing the suicide need to hold a plank the whole time the other skater is doing their drill.

Water Break – 5 minutes

Crossover practice – 15 minutes

Written Test Review

Practice #11

Warm up – 10 minutes

Suicides – 15 minutes - place cone at $\frac{1}{4}$, $\frac{1}{2}$ and end of line. Sprint to first, sprint back, sprint to second, sprint back, sprint to last, sprint back. They should be during a “tomahawk” at each of the cones. Twist is that all skaters not performing the suicide need to hold a plank the whole time the other skater is doing their drill.

Water Break – 5 minutes

Penalty Box practice – 15 minutes - set up a chair at the end of the rink and have all skaters practice coming in and sitting down as fast as they can. Discuss timing of “stand”, “release”, and how to re-enter the pack.

Stop/Start Pack 15 minutes – Have everyone pack up and on the whistle, the pack must stop together and then start skating in the opposite direction. On the next whistle they must repeat again.

Short races – 10 minutes – start down on all fours, rise up and either toe stop run or duck walk sprint to the cone. Put two skaters against each other and have them race to see who gets there first.

Written Test Review – 1 hour –

Practice #12 (about 6 weeks in or ½ way through!)

Written Test – 30 minutes – administer the test and then have them switch tests to the person next to them and go through the answers to correct them. If anyone gets one wrong, discuss why it is incorrect.

Warm Up – 15 minutes – pace line around the large track and practice weaving forward and backward through the pack. For more advanced skaters, try a very light hip contact.

27/5 – 10 minutes – borrow the track from the team and have skaters test on their 27/5 to see where they are.

Water Break – 5 minutes

Backward skating – 15 minutes – skating backward practice. Work on cross overs for those that have that skill.

Side to Side – 15 minutes – lateral glides to a stop. Practice just getting the skill down at first (10 minutes) and then call “inside, outside, middle” for another 5 minutes.

Pushing Drill – 15 minutes – have skaters work on pushing each other as the jammer and stopping each other as the blocker. Remember to focus on legal areas for both blocker and jammer. Depending on how they are doing, have them pair up with two blockers and one jammer.

Finish – 15 minutes – wrap up with a discussion of the bout Sunday night and how they all did with their NSO positions.

Practice # 13

Pace Line – 15 minutes – work on weaving front, weaving back and racing around track to catch back up.

Suicides – 15 minutes – Make them relay and the person not doing the exercise has to do a plank the whole time they are gone. Suicide should be three cones, first cone snow plow, second cone knee tap, third cone tomahawk stop, return with opposite knee tap and double knee at the end.

Water Break – 5 minutes

Minimum Skills Test – 20 minutes - Assess everyone and see where they are on their skills and let them know what they need to work on.

Water Break – 5 minutes

Obstacle course – 20 minutes - set up section for circle around first, then chicanes with edges to the next corner, toe stop around turn backward and go around cones at next corner, then more chicanes but they have to do lateral steps to go around then tomahawk stop to the end and start over.

Water Break – 5 minutes

Three walls – 15 minutes – work on seaming up and taking turns being the jammer.

Pack work – 15 minutes - take a panty and work on having them pass it to each other in the pack making it go from front to back and side to side. Then switch to whoever gets the panty has to put it on and race around the track to catch up, get through the pack and then pass it to someone else in the pack who puts it on and does the same thing.

Practice # 14

Warm up with rest of Outlaws

Pace Line – 15 minutes – work on weaving front, weaving back and racing around track to catch back up.

Water Break – 5 minutes

Obstacle course – 20 minutes - set up section for circle around first, then chicanes with edges to the next corner, toe stop around turn backward and go around cones at next corner, then more chicanes but they have to do lateral steps to go around then tomahawk stop to the and start over.

Water Break – 5 minutes

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Water break – 5 minutes

Agility Drill – Mirror Image – 10 minutes

Have pairs of skaters face off to each other and mirror what the other is doing. Have them do it for 3 minute intervals and switching who is in charge. They can step forward, backward, side to side, quick feet, grapevine.

Rest of practice on test review

Practice #15

Warm Up – 15 minutes – join Outlaws for warm up. Anything they are not comfortable with can be done on the outside of the track and modified to their skill level.

Pace line – 15 minutes – run a pace line around the outside of the large track if available. Have them weave forward to back, back to forward. Then have them brush each other's hips as they go by. Purpose is not to hit each other, but to learn timing of matching your speed to their speed. If there is enough time, have them do hotlaps to catch back up to the pack and weave back to the front.

Water break – 5 minutes

Pack work – 15 minutes - take a panty and work on having them pass it to each other in the pack making it go from front to back and side to side. Then switch to whoever gets the panty has to put it on and race around the track to catch up, get through the pack and then pass it to someone else in the pack who puts it on and does the same thing.

Suicides – 15 minutes – Make them relay and the person not doing the exercise has to do a plank the whole time they are gone. Suicide should be three cones, first cone snow plow, second cone knee tap, third cone tomahawk stop, return with opposite knee tap and double knee at the end.

Water break – 5 minutes

Short races – 10 minutes – start down on all fours, rise up and either toe stop run or duck walk sprint to the cone. Put two skaters against each other and have them race to see who gets there first.

Obstacle course – 20 minutes - set up section for circle around first, then chicanes with edges to the next corner, toe stop around turn backward and go around cones at next corner, then more chicanes but they have to do lateral steps to go around then tomahawk stop to the end and start over.

Remainder of practice – watch outlaws scrimmage and look for penalties