

Training elements:

Foundation Skills	Engagement and Recovery	Stability and Control
<ul style="list-style-type: none"> • Edges • T-push • V-push • Stride 2 • Jumping (while skating) • Hopping (while skating) • Single leg glide • Single leg balance while changing body position 	<ul style="list-style-type: none"> • Weight distribution • Standing in a group of people • How to protect your body from a fall • How to protect others when you fall • How to get up safely and quickly from a fall 	<ul style="list-style-type: none"> • Penguin stance • Derby stance • Stepping (side-to-side / shuffle step / quick feet / step over) • Balance on one leg • Balance on toe stops • Balance on front two wheels • Jump on toe stops • Walking on toe stops • Wide 2-footed plows • T-stops • Chop stops

Team Skills	Strength and Functional Movement (Land Training)	Rules and Safety
<ul style="list-style-type: none"> • Giving and receiving feedback • Communicating movements and next steps (narrating gameplay) 	<ul style="list-style-type: none"> • Introduction to core muscles and core engagement • Introduction to proprioception • Balance (e.g., single leg dips, squats) • Stable base (e.g., split squats, walking lunges, clamshells) • Light aerobic exercise (e.g., yoga, stretching, walking) • Ankle strengthening (e.g., foot circles, calf raises) 	<ul style="list-style-type: none"> • Required protection and how to wear it safely • Role of officials and what function they serve • Introduction to gaining position and point scoring • Protecting yourself on track after a fall • What to do if you or another participant is injured • Value of warm up / preparing your body for activity • Stretching and cool down and the impact on recovery • Skate maintenance

Training elements:

Foundation Skills	Engagement and Recovery	Stability and Control
<ul style="list-style-type: none"> ● Sculling (sticky skating) ● Pivot transitions ● Shuttle step (single leg, lateral glide) ● Jammer tracking (stationary) ● Walking / running on toe stops ● Acceleration from toe stops ● Acceleration from edges ● Backwards motion (weight shift) ● Heel kick ● Rolling step over (cross the track) ● Step transitions ● Wheels to toe stops ● Lateral hops (landing both feet) ● Hopping over an object ● Backwards motion (stride) 	<ul style="list-style-type: none"> ● Absorbing force and how to receive contact ● Preparing for unexpected contact ● Friendly engagement in a skating pack (handshakes / hugs / bumps) ● Jammer catch in pairs ● Leaning ● Chest placement ● Chest pressure 	<ul style="list-style-type: none"> ● Blocker hockey stops ● Edge stops ● Single leg plow stops ● Turnaround toe stops ● Pacing in a packline ● Push assists ● Pull assists (e.g., hip whips, clothing whips, inside arm assist)

Team Skills	Strength and Functional Movement (Land Training)	Rules and Safety
<ul style="list-style-type: none"> ● Two walls ● Moving as a wall ● Skating in a pack ● Communicating immediate next steps and actions 	<ul style="list-style-type: none"> ● Core development (e.g., dead bug, plank, Superman) ● Weight transfer (e.g., skater jumps) ● Agility and quickness introduction (e.g., falling starts, shuttle drills) ● Neck strengthening (e.g., shrugs, vertical rows) ● Knee strengthening (e.g., thigh contractions, bridge variations, deceleration drills) ● Plow prep (e.g., single leg forward taps, banded plow stops) 	<ul style="list-style-type: none"> ● Blocking and target zones ● Multi-player blocks ● Concussion awareness ● Different officiating roles and officiating families ● Penalty Box protocol ● What is a pack? Basic definition.

Training elements:

Foundation Skills	Engagement and Recovery	Stability and Control
<ul style="list-style-type: none"> ● Lateral hops (continuous) ● Weaving in a pace line ● Backwards movement (one-foot propulsion) ● Crossovers ● Skating the track ● Lateral cuts 	<ul style="list-style-type: none"> ● Driving ● Jammer catch as a wall ● Jammer push ● Face-to-face blocking ● Chest catching ● Cross body hits 	<ul style="list-style-type: none"> ● Safe and controlled falls ● Hockey stops at speed ● Hockey stops for direction change ● T-slide ● Power slide ● Stops on the line

Team Skills	Strength and Functional Movement (Land Training)	Rules and Safety
<ul style="list-style-type: none"> ● Simple offense <ul style="list-style-type: none"> ○ e.g., shielding ○ e.g., one hit offense ● Forming complex walls ● Movement as a wall / Jammer tracking ● Movement within a wall ● Transition into position ● Reforming a wall 	<ul style="list-style-type: none"> ● Core stabilizing (e.g., skate and hop, bear crawls, single leg deadlift) ● Weight transfer progression (e.g., lateral jumps, jukes) ● Shoulder mobility (e.g., lateral arm raise, arm swings, scapular stretches) ● Drive prep (e.g., broad jumps, single leg squats) ● Agility and quickness progression (e.g., agility ladder drills, knee tag) 	<ul style="list-style-type: none"> ● Pack definition in-depth and the impact on gameplay. ● Legal contact in-depth Impact / gaining position in-depth ● Communication between players and officials, including official hand signals.

CONSIDER THIS:

- Train backwards power slides with chest blocking to introduce a stable stance while incorporating face-to-face blocking.
- Skating Officials may need further development on specific skate skills, such as backwards skating, T-stops, T-slides, and avoiding obstacles while maintaining focus.

These are intended to provide a proposal for training progression and planning for coaches and trainers.

We do not recommend that they be used as a checklist against skater progression through the league.

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Foundation Skills	Engagement and Recovery	Stability and Control
<ul style="list-style-type: none"> ● Backwards skating with underpush ● Lateral crossunder ● C-cuts ● D-cuts 	<ul style="list-style-type: none"> ● Individual Jammer catches ● Juking 	<ul style="list-style-type: none"> ● Single leg weaving ● Side surfing

Team Skills	Strength and Functional Movement (Land Training)	Rules and Safety
<ul style="list-style-type: none"> ● Avoiding offense as an individual ● Avoiding offense as a wall ● Complex offense ● Jammer-initiated offense ● Multiple blocker offense ● Multiple part offense 	<ul style="list-style-type: none"> ● Core strength (e.g., russian twist, single leg bridge) ● Focus on power (e.g., drop squats, shoulder press) ● Agility and quickness progression (e.g., ball drops, lower body plyometrics) ● Shoulder strength (overhead carries, up down plank) 	<ul style="list-style-type: none"> ● Official Reviews ● Game Structure Penalties ● Fouling out and expulsions ● Point scoring in-depth (e.g., scoring avoidance)

CONSIDER THIS:

- Rather than learning lots of new skills, skaters should apply existing skills to new situations.
- Participants should know the WFTDA Rules of Flat Track Roller Derby at this point - use this time to deepen their understanding of complex elements.

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