

Skate Camp Lesson Plan 2023

Updated 5/31/2023

		LEVEL 1 LESSON PLAN		LEVEL 2 LESSON PLAN		LEVEL 3 LESSON PLAN	
DAY	THEME	MARATHON	SPRINT	MARATHON	SPRINT	MARATHON	SPRINT
Monday	Self-Confident <i>Skaters try one new/scary trick!</i>	On grass: - Pushing position - Cruising position - Pushing to cruising - Knees bent, arms out On flat concrete: - Pushing - Pushing, stop, cruise - Pushing to cruising	Grass, then 'crete: - Pop board up - Drop down - Jump on/off - Flippy uppy Key parts: - Nose - Tail - Bolts	Pushing & Cruising Fakies on banks Tic Tacs backside Going down small ramp	Drop down Jump on/off Parts of the skateboard Yelling "BOARD"	Ollies Drop-in's Pumping Half cab turns Line of 2+ tricks	Flippy uppy 180 Grabs on flatground Duck/Penguin walk Yelling "BOARD" Skatepark etiquette Going down stairs
Tuesday	Humble <i>Skaters help one other camper!</i>	On flat concrete: - Pushing to cruising - Drop down - Pick up wheels - Turn backside - Turn frontside - Tic Tacs (back & forth)	On flat: - Carving backside - Carving frontside Goofy/regular	Carving on flatground frontside & backside Pumping in ramp Going down bigger ramps Line of 2+ tricks	Flippy uppy Body Varial Skatepark etiquette Caveman in the grass	Backside kickturn Backside carve Rock to Fakie Fakie Ollie	Grabs while doing fakie Taking apart a board & putting it back together Running & jumping on board Boneless
Wednesday	Radical <i>Skaters invent their own trick!</i>	Go down small ramps Fakie on mellow ramp Pumping in mini ramp	Names of grabs Grabs on flatground Skatepark etiquette	Pumping higher & keeping speed Drop-in on bank ramp Ollies in the grass Tic tacs frontside	Flippy uppy 180 Duck/Penguin walk Taking apart a board & putting it back together	Frontside kickturn Frontside carve Fakie frontside kickturn Fakie rock	Body varial while riding Knee slides/using pads Roll off curb Caveman on flat
Thursday	Equitable <i>Skaters try out other skater's boards - discuss the differences of each board.</i>	Go down bigger ramps Fakie then half cab kick turn Line of 2+ tricks	Grabs while rolling More parts of board: - Trucks - Wheels - Bearings - Grip	Kickturn on ramp Carving on ramp Drop-in's on small/mellow ramps/QP's	Running w/ board and jumping on Going down stairs Knee slides/using pads	Kick turns all in one motion Manual Manual off curb Shove it/Fakie shove it	Shove-it on a deck Body varial on ramp Nollie stance
Friday	Determined <i>Skaters work on their hardest trick yet!</i>	Drop-in on bank ramp Ollies in the grass Kickturn on mellow ramp	Knee slides/using pads More parts of board: - Bushings - Kingpin - Hardware	Ollies on flatground Half Cab kick turns	Rolling off curb Boneless	Pushing/riding switch Bigger drop-in's Ollie off curb	Nose stall on curb Staple gun Caveman off obstacle