

# SRSTA Coaches Study Guide



# SRSTA

SOCIETY OF ROLLER SKATING TEACHERS OF AMERICA

## Learn to Skate Program

[www.RollerSkating.com](http://www.RollerSkating.com)

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# Introduction to the RSA

Known today as the Roller Skating Association International (RSAI), we are a global trade association representing thousands of individuals including skating center owners and operators, teachers and coaches, judges of roller skating in artistic skating, roller hockey, and speed skating, as well as manufacturers and suppliers of roller skating equipment.

We provide our members with industry information, publications, purchasing discounts, national marketing programs, opportunities to attend educational seminars, and an annual convention and trade show. The association also provides information for those who are interested in starting skating centers.

## RSA Mission

The Roller Skating Association International was established in 1937 by a group of skating center owners to promote roller skating and establish good business practices for skating rinks.

As the voice of the roller skating industry, we strive to promote the success of our members by providing education, professional resource tools, and fostering the advancement of roller skating.

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## Introduction to the SRSTA

The SRSTA (Society of Roller Skating Teachers of America) was established in 1940. The SRSTA is composed of skating coaches and instructors of all skating disciplines. The SRSTA membership umbrellas Learn to Skate, Artistic, Speed, and Hockey.

*This Study Guide consists of the basic skills needed for building your Learn to Skate program.*

## SRSTA Code of Conduct

All members and coaches are considered to have agreed to, and signed, the Code of Conduct with the purchase/renewal of their membership.

I agree to be accountable for my words and actions while attending, coaching, officiating, participating, and/or representing as a vendor, and shall conform my behavior to the following Code of Conduct:

- I will not engage in unsportsmanlike conduct with any skater, coach, official, vendor, or any other attendee.
- I will not engage in any behavior which would endanger the health, safety, or well being of any skater, coach, official, vendor, or any other attendee.
- I will not engage in the use of profanity.
- I will treat any skater, coach, official, vendor, or any other attendee with respect regardless of race, creed, color, national origin, sexual identify, or ability.
- I will not engage in verbal or physical threats or abuse aimed at any skater, coach, official, vendor, or any other attendee.

# ROLLER ROO

## Learn How to Roller Skate

### Skills for Beginner Skaters



#### Roller Roo 1

How to Get Up  
March in Place  
Marching Steps  
Steps with Two-foot Roll  
Two-foot Squat  
Beginner Toe Stop



#### Roller Roo 2

Two-foot Forward Roll  
One Foot Forward Roll  
Toe Stop  
Forward Scissors  
Backward Scissors  
Forward Slalom



#### Roller Roo 3

Forward Stroking  
Forward Crossovers  
Backward Scissors  
Backward Toe Stop  
Two-foot Jump  
Shoot the Duck  
C-Step Turn

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A program created by the Roller  
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Skills should be performed in a consecutive order

## Roller Roo 1 Clarifications

### How to Get Up

Roll over onto your hands and knees. Place one knee up and put both hands on that knee to push up into a standing tall position.

### March in Place

While standing still with your arms extended, lift one foot up at a time, changing feet continuously.

### Marching Steps

While moving forward, lift one foot up at a time, changing feet continuously.

### Steps with Two-Foot Roll

March 5-8 steps forward, then roll forward with your feet together and knees slightly bent. Hold for 3-5 seconds.

### Two-Foot Squat

Start moving forward and roll with your feet together. Deeply bend your knees and squat down as low as you can with your arms extended forward.

### Beginner Toe Stop

In a standing still position, with your arms extended and knees bent, gently push your weight down onto one toe.



## **Roller Roo 2 Clarifications**

### **Two Foot Forward Roll**

Take 6-8 steps forward with arms extended out to the side, then roll with your feet together and knees slightly bent for 3-5 seconds.

### **One Foot Forward Roll**

Take 6-8 steps forward then come to a roll with your feet together. Pick up one foot and hold that position for 5 seconds. (Right and Left).

### **Toe Stop**

Come to a comfortable speed with arms extended out. Start bending your knees and drag one toe stop lightly against the floor while keeping the toe stop behind the heel of the employed foot.

### **Forward Scissors**

Stand still with your feet in a “V” position to start. Begin by bending your knees and pushing outward until your feet are shoulder width apart. Then turn your toes in and pull your feet back together. Repeat consecutively 4-6x.

### **Backward Scissors**

Stand still with your feet in a triangle position, toes turned inward. Bend your knees and start pushing outward until your feet are shoulder width apart. Then turn your heels inward back into the “V” position. Repeat the action consecutively 2-3x.

### **Forward Slalom**

The skater should start moving forward at a comfortable speed. Once balanced with your feet together, curve left to right in a zigzag pattern, continuing down the floor.

## Roller Roo 3 Clarifications

### Forward Stroking

Stand still in a “V” position to start. Begin bending your knees and pushing onto one foot, while stretching your free leg to the back. Bring feet close together and then push onto your opposite foot while stretching your free leg to the back.

Repeat 6-8x.

### Forward Crossovers

Begin skating in a circle. Stroke forward onto an outside edge, then cross front onto the inside edge of the new employed foot while stretching the new free leg under the body.

Repeat 5-5x. (Counterclockwise and clockwise)

### Backward Scissors

Stand still with your feet in a triangle position to start (toes inward). Bend your knees and start pushing outward until feet are shoulder width apart. Then turn heels back into the “V” position. Repeat consecutively 4-6x.

### Backward Toe Stop

Roll backward with your feet together. Bend your knees while pointing one toe stop down to the floor slightly behind you. Gently push your weight down onto the toe stop, coming to a complete stop.

### Two-Foot Jump

Roll forward at a comfortable speed, with arms extended out. Put your feet together, bend your knees, jump in the air with your arms pulling in. Land with your arms extended and knees slightly bent.

### Shoot the Duck

Begin rolling forward with your feet together. Deeply bend your knees into a 2 foot squat, then fully extend one leg out in front of you with both arms extending forward. *\*Be sure to keep the extended foot off the floor.*

### C-Step Turn-Forward to Backwards

2-foot C-Step turn will be done after the skater starts moving forward and then balances with feet together and arms out. At that time, the skater will turn one foot into the open position, while turning the other foot into the closed position. The skater will end up with the feet parallel and together while rolling backwards.



# SUPER SKATER

## Basic Skills Program

All skaters should learn the proper way to get up from a fall.



### Super Skater 1

Forward Steps/Pushes  
Forward One-foot Roll  
Toe Stop  
Two-foot Squat  
Forward Scissors  
Backward Scissors  
Backward Toe Stop  
Forward Slalom



### Super Skater 2

Forward Stroking  
Forward Crossovers  
OF/IF Edges  
Backward One-foot Roll  
C-Step Turn  
Shoot the Duck  
Two-foot Jump (no rotation)  
T-Start into T-Stop



### Super Skater 3

Backward Stroking  
Backward Crossovers  
OB/IB Edges  
Forward Cross Behinds  
Two-foot Jump (1/2 rev.)  
One Foot Turn  
Backward Slalom  
Two-foot Spin

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Skills should be performed in a consecutive order

# Super Skater 1 Clarifications

### Forward Steps/Pushes

With arms extended out and alternating feet, take small steps/pushes to begin moving forward at a comfortable speed. 8-10 steps/pushes.

### One-Foot Roll

Take 6-8 steps forward then come to a roll with your feet together, pick up one foot and hold that position for 5 seconds. (Right and Left)

### Toe Stop

Come to a comfortable speed with your arms extended out. Start bending your knees and drag one toe stop lightly against the floor, keeping the toe stop behind the heel of the employed foot.

### Two-Foot Squat

Start moving forward, then roll with your feet together. Deeply bend your knees and squat down as low as you can with your arms extended forward.

### Forward Scissors

Stand still with your feet in a “V” position to start. Begin by bending your knees and pushing outward until your feet are shoulder width apart. Then turn your toes in and pull your feet back together. Repeat consecutively 4-6x.

### Backward Scissors

Stand still with your feet in a triangle position (toes turned inward). Bend your knees and start pushing outward until your feet are shoulder width apart. Then pull your heels back into the “V” position. Repeat consecutively 4-6x.

### Backward Toe Stop

Roll backwards with your feet together. Bend your knees while pointing one toe stop down to the floor slightly behind you. Gently push your weight down onto the toe stop, coming to a complete stop.

### Forward Slalom

Skaters should start moving at a comfortable speed. Once balanced with feet together, curve left to right in a zigzag pattern, continuing down the floor.

## Super Skater 2 Clarifications

### Forward Stroking

After you come to a 2-foot roll, bend your knees and push onto one foot while stretching your free leg to the back. Repeat the same action while stepping onto the opposite foot. Repeat 6-8x.

### Forward Crossovers

Begin skating in a circle. Push forward onto an outside edge, then cross front to the inside edge. Repeat 4-5x. (Right and Left)

### Forward Outside and Inside Edges

Balance on two feet, while moving forward on a curve/circle. Pick up one foot and continue the curve while increasing the pressure on the skating foot to create your edge. Edges should be done in both directions and on both the outside and inside edges.

### Backward One Foot Roll

Rolling at a comfortable speed backwards, put your feet together. Lift one foot (can be in the front or alongside) roll and hold for 5 seconds. (Right and Left)

### C-Step Turn

2-foot C-Step turn will be done after the skater starts moving forward and then balances with feet together and arms out. At that time, the skater will turn one foot into the open position while turning the other foot into the closed position. The skater will end up with the feet parallel and together while rolling backwards.

### Shoot the Duck

Begin rolling forward with your feet together. Deeply bend your knees into a 2-foot squat and fully extend one leg out in front of you with both arms extending forward. Come back up into a standing position.

### Two-Foot Jump (No rotation)

Roll forward at a comfortable speed with arms extended out. Put your feet together, bend your knees, jump up in the air with your arms pulling in. Extend arms and bend knees on the landing.

### T-Start into a T-Stop

Place one foot at a 90-degree angle and place your heel of your opposite foot to the in-stop (center) of the skate, making a T. Bend your knees and push onto one foot while stretching your free leg to the back. Roll forward for six seconds before dragging the free foot on a slight angle back into the "T" position.

# Super Skater 3 Clarifications

## **Backward Stroking**

At a comfortable speed, roll backward with arms extended out. Bend your knees and push onto one foot while stretching your free leg to the front. Repeat the same action while stepping onto the opposite foot. Repeat 6-8x.

## **Backward Crossovers**

Begin skating backwards in a circle with arms extended out. Push backwards onto an outside edge, then cross front to the inside edge. Repeat 4-5x.

## **Backward Outside and Inside Edges**

Balance on two feet, while moving backwards on a curve/circle. Pick up one foot and continue the curve while increasing the pressure on the skating foot to create your edge. Edges should be done in both directions and on both the outside and inside edges.

## **Forward Cross Behinds**

While rolling forward, pick up one foot and cross it behind the skating foot, switching the weight to the new foot and with the free leg stretching forward.

## **Two-Foot Jump (1/2 revolution)**

Roll forward at a comfortable speed with arms extended out. Put two feet together, bend your knees, jump up in the air with your arms pulling in and rotate  $\frac{1}{2}$  revolution in the air, landing backwards with arms extending out and knees bent.

## **One Foot Turn**

While rolling forward on one foot with arms extended out, turn from forward to backward, finishing on the same foot. Repeat action 3x. (Switching feet is optional)

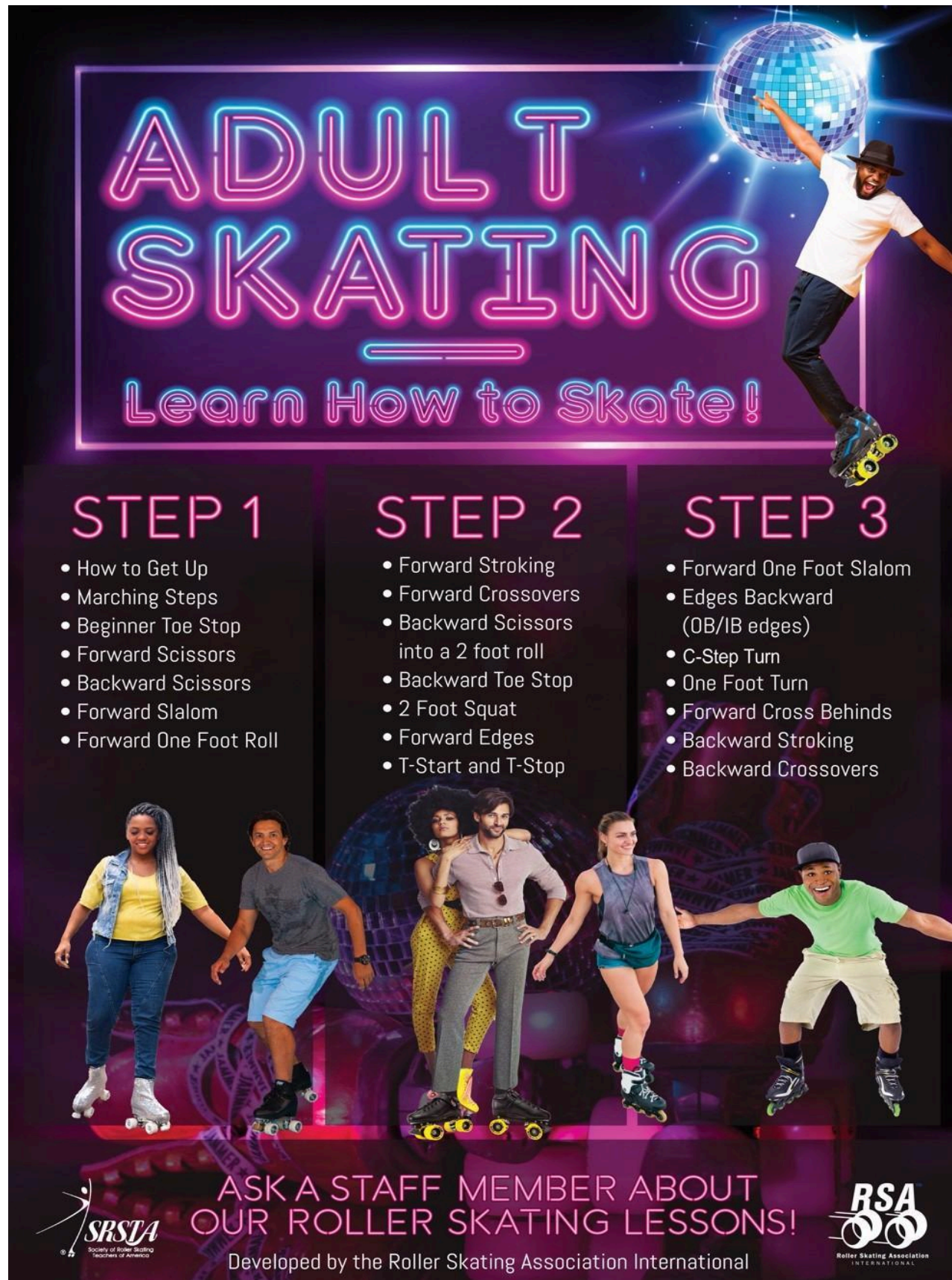
## **Backward Slalom**

Skaters should start moving backwards at a comfortable speed. Once balanced, with feet together, curve left to right in a zigzag patten, continuing down the floor.

## **Two Foot Spin**

Stand still with feet shoulder width apart. Bend the knees and rotate the opposite way of your spinning direction. At this time, come up on your knees, pulling your arms in and feet together to create a spinning motion.





**ADULT SKATING**  
Learn How to Skate!

**STEP 1**

- How to Get Up
- Marching Steps
- Beginner Toe Stop
- Forward Scissors
- Backward Scissors
- Forward Slalom
- Forward One Foot Roll

**STEP 2**

- Forward Stroking
- Forward Crossovers
- Backward Scissors into a 2 foot roll
- Backward Toe Stop
- 2 Foot Squat
- Forward Edges
- T-Start and T-Stop

**STEP 3**

- Forward One Foot Slalom
- Edges Backward (OB/IB edges)
- C-Step Turn
- One Foot Turn
- Forward Cross Behinds
- Backward Stroking
- Backward Crossovers

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SOCIETY OF ROLLER SKATING TEACHERS OF AMERICA

# **Adult Skating Step 1 Clarifications**

## **How to Get Up**

Roll over on to your hands and knees. Place one knee up and put both hands on that knee to push up into a standing tall position.

## **Marching Steps**

While moving forward, lift one foot up at a time, changing feet continuously.

## **Beginner Toe Stop**

In a standing still position with your arms extended and knees bent, gently push your weight down onto one stop.

## **Forward Scissors**

Stand still with your feet in a “V” position to start. Begin by bending your knees and pushing outward until your feet are shoulder width apart. Then turn your toes in and pull your feet back together. Repeat consecutively 4-6x.

## **Backward Scissors**

Stand still with your feet in a triangle position, toes turned inward. Bend your knees and start pushing outward until your feet are shoulder width apart. Then pull your heels inward back into the “V” position. Repeat the action consecutively 4-6x.

## **Forward Slalom**

The skater should start moving forward at a comfortable speed. Once balanced with feet together, curve left to right in a zigzag pattern, continuing down the floor.

## **Forward One Foot Roll**

Take 6-8 steps forward then come to a roll with your feet together, pick up one foot and hold that position for 5 seconds. (Right and Left)



## Adult Skating Step 2 Clarifications

### Forward Stroking

After you come to a 2-foot roll, bend your knees and push onto one foot while stretching your free leg to the back. Repeat the same action while stepping onto the opposite foot. Repeat 6-8x.

### Forward Crossovers

Begin skating in a circle. Push forward onto an outside edge, then cross front to the inside edge. Repeat 4-5x. (Right & Left)

### Backward Scissors into a 2-Foot Roll

Stand still with your feet in a triangle position (toes turned inward), bend your knees and start pushing outward until your feet are shoulder width apart. Then pull your heels back into the “V” position. Repeat this action consecutively 4-6x. While rolling at a comfortable speed backwards, put your feet together and hold for 5 seconds.

### Backward Toe Stop

Roll backwards with your feet together. Bend your knees while pointing one toe stop down to the floor slightly behind you. Gently push your weight down onto the toe stop, coming to a complete stop.

### 2-Foot Squat

Start moving forward, then roll with your feet together. Deeply bend your knees and squat down as low as you can with your arms extended forward.

### Forward Edges

Balance on two feet, while moving forward on a curve/circle. Pick up one foot and continue to curve while increasing the pressure on the skating foot to create your edge. Edges should be done in both directions and on both the outside and inside edges.

### T-Start and T-Stop

Place one foot at a 90-degree angle and place the heel of your opposite foot to the in- step (center) of the skate, making a T. Bend your knees and push onto one foot while stretching your free leg to the back. Roll forward for six seconds before dragging the free foot on a slight angle back into the “T” position.

## **Adult Skating Step 3 Clarifications**

### **Forward One Foot Slalom**

Skaters should start moving at a comfortable speed. Once balanced, with feet together, curve left to right in a zigzag pattern, continuing down the floor.

### **Edges Backward (OB/IB Edges)**

Balance on two feet, while moving backwards on a curve/circle. Pick up one foot and continue the curve while increasing the pressure on the skating foot to create your edge. Edges will be done in both directions and on both the outside and inside edges.

### **C-Step Turn**

2-foot C-Step turn will be done after the skater starts moving forward and then balances with feet together and arms out. At that time the skater will turn out foot into the open position while turning the other foot into the closed position. The skater will end up with the feet parallel and together while rolling backwards.

### **One Foot Turn**

While rolling forward on one foot with arms extended out, turn from forward to backward finishing on the same foot. Repeat action 3x. (switching feet is optional)

### **Forward Cross Behinds**

While rolling forward, pick up one foot and cross it behind the skating foot, switching the weight to the new foot and with the free leg stretching forward.

### **Backward Stroking**

At a comfortable speed, roll backward with arms extended out. Bend your knees and push onto one foot while stretching your free leg to the front. Repeat the same action while stepping onto the opposite foot. Repeat 6-8x.

### **Backward Crossovers**

Begin skating backwards in a circle with arms extended out. Push backwards onto an outside edge, then cross front to the inside edge

## Roller Roo Evaluation Form

Skater's Name \_\_\_\_\_ Test Date \_\_\_\_\_

Instructor \_\_\_\_\_ Test Level \_\_\_\_\_

Instructor's Signature \_\_\_\_\_

### Evaluation Code

*\*To proceed to higher levels, the skater must have a score of 3 or higher for each element.*

1	2	3	4	5
Very Weak	Needs Work	Satisfactory	Very Good	Great

### Roller Roo 1:

- |                         |                            |
|-------------------------|----------------------------|
| 1. _____ March in Place | 3. _____ 2-Foot Squat      |
| 2. _____ Marching Steps | 4. _____ Beginner Toe Stop |

### Roller Roo 2:

- |                              |                            |
|------------------------------|----------------------------|
| 1. _____ 2-Foot Forward Roll | 4. _____ Forward Scissors  |
| 2. _____ 1-Foot Forward Roll | 5. _____ Backward Scissors |
| 3. _____ Toe Stop            | 6. _____ Forward Slalom    |

### Roller Roo 3:

- |                             |                            |
|-----------------------------|----------------------------|
| 1. _____ Forward Stroking   | 4. _____ Backward Toe Stop |
| 2. _____ Forward Crossovers | 5. _____ 2-Foot Jump       |
| 3. _____ Backward Scissors  | 6. _____ Shoot the Duck    |
|                             | 7. _____ C-Step Turn       |

## Super Skater Evaluation Form

Skater's Name \_\_\_\_\_

Test Date \_\_\_\_\_

Instructor \_\_\_\_\_

Test Level \_\_\_\_\_

Instructor's Signature \_\_\_\_\_

### Evaluation Code

*\*To proceed to higher levels, the skater must have a score of 3 or higher for each element.*

1	2	3	4	5
Very Weak	Needs Work	Satisfactory	Very Good	Great

### Super Skater 1:

- |                               |                            |
|-------------------------------|----------------------------|
| 1. _____ Forward Steps/Pushes | 5. _____ Forward Scissors  |
| 2. _____ Forward 1-Foot Roll  | 6. _____ Backward Scissors |
| 3. _____ Toe Stop             | 7. _____ Backward Toe Stop |
| 4. _____ 2-Foot Squat         | 8. _____ Forward Slalom    |

### Super Skater 2:

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1. _____ Forward Stroking     | 5. _____ C-Step Turn               |
| 2. _____ Forward Crossovers   | 6. _____ Shoot the Duck            |
| 3. _____ OF/IF Edges          | 7. _____ 2-Foot Jump (no rotation) |
| 4. _____ Backward 1-Foot Roll | 8. _____ T-Start into T-Stop       |

### Super Skater 3:

- |                                |                                |
|--------------------------------|--------------------------------|
| 1. _____ Backward Stroking     | 5. _____ 2-Foot Jump (1/2 rev) |
| 2. _____ Backward Crossovers   | 6. _____ One Foot Turns        |
| 3. _____ OB/IB Edges           | 7. _____ Backward Slalom       |
| 4. _____ Forward Cross Behinds | 8. _____ Two Foot Spin         |

## Adult Skater Evaluation Form

Skater's Name \_\_\_\_\_ Test Date \_\_\_\_\_

Instructor \_\_\_\_\_ Test Level \_\_\_\_\_

Instructor's Signature \_\_\_\_\_

### Evaluation Code

*\*To proceed to higher levels, the skater must have a score of 3 or higher for each element.*

1	2	3	4	5
Very Weak	Needs Work	Satisfactory	Very Good	Great

### Adult Skater 1:

- |                            |                                |
|----------------------------|--------------------------------|
| 1. _____ How to get up     | 5. _____ Backward Scissors     |
| 2. _____ Marching Steps    | 6. _____ Forward Slalom        |
| 3. _____ Beginner Toe Stop | 7. _____ Forward One Foot Roll |
| 4. _____ Forward Scissors  |                                |

### Adult Skater 2:

- |   |                            |
|---|----------------------------|
| 1. _____ Forward Stroking                   | 5. _____ Backward Toe Stop |
| 2. _____ Forward Crossovers                 | 6. _____ 2-Foot Squat      |
| 3. _____ T-Start into T-Stop                | 7. _____ Forward Edges     |
| 4. _____ Backward Scissors into 2-Foot Roll |                            |

### Adult Skater 3:

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1. _____ Forward 1-Foot Slalom  | 5. _____ Forward Cross Behinds |
| 2. _____ Edges Backward (OB/IB) | 6. _____ Backward Stroking     |
| 3. _____ C-Step Turn            | 7. _____ Backward Crossovers   |
| 4. _____ One Foot Turn          |                                |



# **Notes**