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## **Level 1 Coaching Quad & Inline Speed Skating Program**

### **Level 1 Coaching Status**

Individuals interested in becoming a speed skating coach must complete the following tasks: 1) submit a SCA-speed coach's application and fee to the RSA, 2) complete a mandatory background screening, and 3) complete a level 1 coaching exam. Once the background check and level 1 exam has been successfully completed, the applicant will be issued a Level 1 SCA-Speed Coach membership through RSA. Level 1 certification is only valid for one year.

### **Our Mission**

*The mission of US Roller Speed Skating is to develop the sport of roller speed skating in the United States, at all levels and abilities and to attain a future of international success, while generating a commitment to safety, integrity, sportsmanship and the enthusiasm for the sport of roller speed skating.*

### **Our Vision**

*US Roller Speed Skating, a nonprofit organization, where the future is our Athletes. Focused on establishing skating teams locally, supporting skating teams regionally and the development of roller speed skating nationally.*

### **ABOUT COACHING QUAD & INLINE SPEED SKATING:**

The Coaching Quad & Inline Speed Skating manual and online tutorial is designed for the youth and adult learner to develop a fundamental understanding of the sport. This manual was developed by US Roller Speed Skating (USRSS) to serve as a resource for those wishing to coach quad and inline speed skating in the United States. It is the intent of this manual and the tutorials to provide every coach with the ability to instruct an athlete in the broad events of roller speed skating. "Coaching Quad & Inline Speed Skating" is designed to give you video examples of teaching drills, offer sample workouts, and introduce the basic skills needed for each athlete to reach his/her full potential as they develop and pursue a long career in roller speed skating (quads and/or inlines).

### **Team Organization**

#### **1. Meeting with rink owner.**

##### **1.1. *Expectations***

It is imperative to have a private meeting with the rink operator(s)/owner(s) and general managers. Establishing specific expectations agreeable to both parties and clear lines of communication will minimize frustrations and misunderstandings once the program is underway. Discussions should include, but not limited to, team dues, practice schedule, equipment the Pro Shop will offer to team members, discounts (if any) offered to team members, and how best to communicate with the rink operators/owners, team members, and parents.

##### **1.2. *Practice Schedule***

- 1.2.1. Establish a practice schedule with the rink operator/owner. Try to negotiate 2-3 practices a week. Athletes will need to practice a few times a week to improve their skill set and endurance.
- 1.2.2. Try to create a schedule that balances the practice days throughout the week. (example: Sunday, Tuesday, and Thursday)

- 1.2.3. Try to schedule practice times that allows for a majority of the athletes to attend. (example: what times would allow for parents to bring their children and what time would not be too late for school aged athletes?)

1.3. **Team Dues**

- 1.3.1. Team dues should be established before the first parent meeting and first practice.
- 1.3.2. You will need to determine a specific due date for team dues to be submitted. It is important to clearly establish the date to eliminate individuals not paying.
- 1.3.3. Additionally, you may want to have a drop in fee for athletes who are not club members.
- 1.3.4. Normally, the rink owner will determine the cost of practice dues per athlete. (Try to negotiate a family rate with the rink owner). This will allow for entire families to participate, instead of one or two members.

1.4. **Equipment & ProShop (what packages should the rink sell?)**

As a coach, you need to educate yourself on types of skating equipment needed by athletes.

1.4.1. Helmets & Protective Gear

- 1.4.1.1. All athletes will need a certified helmet to practice and compete.
- 1.4.1.2. For younger skaters, it is suggested that they wear protective gear such as gloves, knee pads, elbow pads, or any other protective gear you feel is needed.

1.4.2. Skates (Quads and/or Inlines)

- 1.4.2.1. Depending on the discipline, athletes will need either quad style or inline skates.
- 1.4.2.2. It is suggested to discuss skate packages with the rink operator/owner to establish a entry or intermediate skate package that may be offered to the athletes and purchased through the ProShop.
- 1.4.2.3. It is important to offer a few skate package selections for team members, as each athlete will have different skating styles and financial means. The package options will allow athletes to purchase equipment according to their needs.

2. **Team Meeting: Structure & Rules**

2.1. **Parent/Team Meeting:**

- 2.1.1. A parent/team meeting is necessary to ensure there are well established guidelines, expectations, and modes of communication. Establishing these "ground rules" in the beginning, will ensure that everyone involved will have a full understanding of his/her role within the team. (The coach's role, the parent role, and the athlete role). Define the type of team you want to develop. Most new teams start off as being established for the local skater's enjoyment and socialization but as the athletes develop and improve, team's transition to a more competitive level. Every athlete is different in how they approach the sport, their learning style, and their expectations, however, the differences need to be considered when structuring your team. Too many teams discourage a skater whose main focus is just to participate for socialization. Remember, in most sports the athletes never intend to be professionals...participation in the sport is just fun.

2.2. **Communication (Rink, Parents, Athletes)**

- 2.2.1. Establish open lines of communication with rink operator/owner, parents, and athletes.
- 2.2.2. You will need to review behaviors and actions expected by everyone, including parents.
- 2.2.3. You will need to determine the best means of communicating with all parties involved. (example: email, text messages, or social media)
- 2.2.4. Communicating regularly with the rink operator/owner, team members, and parents will help minimize misunderstandings and frustrations when there are schedule changes, information pertaining to competitions and team events.
- 2.3. **Team Dues, Insurance Card Fees, & Competition Fees**
  - 2.3.1. Outline the cost of practices, private lessons, coaching fees, insurance card fees, and other fees such as cost of attending meets. (Cost are important to the parent or athlete to budget for the year and give them the option of how much they want to spend)
  - 2.3.2. Discuss team dues and what they include.
  - 2.3.3. Make sure to indicate the “pay by” due date to ensure monies are paid in a timely fashion.
- 2.4. **Competitions**
  - 2.4.1. Discuss the type of competitions that are available: Rookie series, Points series meets, invitationals, **US Roller Speed Skating (USRSS)** Rookie Showdown and USRSS Indoor Championships and outdoor competitions. Let the the parents know what meets you will or might be attending. This will assist parents and athletes while budgeting their finances.
- 2.5. **Define Role of Coach & Coach’s Expectations**
  - 2.5.1. During the meeting, you will need to communicate your expectations and the role you intend to fulfill. Be honest and direct with the parents...they will appreciate that. You may want to share your vision for the team, for yourself, what you would like to accomplish, and how you intend to manage and attain these tasks.
- 2.6. **Present Practice Design/Format & Schedule**
  - 2.6.1. Discuss the practice format, explain its structure, and how it applies to the athlete’s training. Present the weekly practice schedule and discuss if this is a permanent or flex schedule. There is a difference.
  - 2.6.2. A permanent schedule is a set schedule that only changes if there are extraordinary circumstances. (examples: weather, rink shut down, sick coach)
  - 2.6.3. A flex schedule is on that contingent on the rink schedule. The schedule may change from week to week due to private parties or special events held at the rink. It is important for parents to understand the difference.
- 2.7. **Discuss Parent Role Within the Team**
  - 2.7.1. It is important to discuss the “parent” role. Parents need to understand that the coach structures, executes, and manages all practices. Parents roles should include supporting the athlete and coach(s) and assisting with administrative roles. (examples: fundraising, paperwork, collecting team dues)
  - 2.7.2. Set the tone for your way of coaching and how you will handle decisions pertaining to the skaters. You do not want parents telling you how to operate the team, how to coach their son/daughter, or make decisions on who their child will or will not relay with. Once your have established these ground rules, making decisions pertaining to the team will be easier.

- 2.7.3. However, do explain, that you are open to conversations involving specific skating issues.
- 2.8. **Define Role of Athlete, Expected Athlete Behavior, & Expectation of Athletes**
- 2.8.1. At the meeting, establish the “ground rules” for athlete expectations. The discussion should include items such as acceptable behavior during and outside practice, social media use expectations, bullying, appropriate language, and academics.
- 2.9. **Team Rules**
- 2.9.1. It is strongly recommended to have general rule set for your team. If rules are available for skaters and parents to read and sign, then it will be easier to maintain expectations. Rules provide definitive guidelines for all to follow.
- 2.10. **Discuss Equipment (skates, protective gear, and helmets)**
- 2.10.1. It is recommended that you have several skate packages to offer athletes and parents at the meeting. Educate yourself and inform the parents of the different options available to them via your rink’s ProShop.
- 2.10.2. It should be noted that “bigger” is not necessarily better in wheel size. A small wheel circumference is strongly recommended for younger and smaller skaters. For example, in most South American countries, they regulate wheel sizes based on age to ensure skaters master their edges. Be patient with your skater’s progress and don’t focus on winning early in their career. Encourage proper technique as the priority-technique first, not speed.
- 2.10.3. Additionally, make a conscious effort to discourage parents from purchasing skates that allow for “*too*” much growing room. Try to provide guidance for the parents while they are purchasing their child’s skate and encourage them to purchase a skate that is only 1-1½ sizes larger than the skaters current *foot* size. (Not shoe size, but FOOT size).
- 2.10.4. Discuss the importance of protective gear (elbow & knee pads, wrist guards, and/or cycling gloves), especially for younger athletes, and emphasize that helmets must be certified and fit the skater’s head properly.
- 2.10.5. There are different levels of helmet certification, the following is a website comparing certification. [Helmet.org](http://Helmet.org) Review the certified helmet comparison.

### **Coaching Registration, Background Screening, & Suggested Certifications**

#### **3. Registration and Background Check**

- 3.1. **Level 1 Coach Registration**  
You will need to register as a SCA Level 1 Coach through the RSA [SCA - Speed Coaches Association Information & Roller Skating Association SRSTA Membership Application](#) and credentials will be contingent on a background check. Additionally, level 1 coaches will have one year to complete the **US Roller Speed Skating (USRSS)** level 1 tutorial, and successfully complete of Protect Your Sports Online Child Safety Training tutorial [ONLINE CHILD SAFETY TRAINING](#).
- 3.2. **Sports.com Background Check** A background check is *mandatory* to maintain any coaching level within the **US Roller Speed Skating (USRSS)**. The background check will be completed through [Protect Youth Sports Background Check](#)
- 3.3. **All USRSS Level 1 Coaches must achieve an 80% on the exit tutorial/assessment to be receive their level 1 status/certification.**

### 3.4. **Recommended Certifications (certifications are recommended...not mandatory)**

#### 3.4.1. **CPR Class**

3.4.1.1. It is recommended (but not mandatory) for all coaches to be certified in CPR and hold a current CPR certification. CPR courses are offered locally through local organizations (American Red Cross). You need to research and find local offerings for the CPR courses. Recommendation for CPR certification is based on the need for resuscitation of an athlete in the event of an accident.

3.4.1.2. [American Red Cross CPR & First Aid Course Offerings for your local area](#)

3.4.1.3. [American Heart Association CPR Courses](#)

#### 3.4.2. **First Aid Class**

3.4.2.1. It is suggested (not mandatory) that all coaches to successfully complete a first aid course. First Aid recommendation is based on understandings of how best to administer first aid when accidents occur at practice or competitions in cases of emergencies.

3.4.2.2. [American Red Cross CPR & First Aid Course Offerings for your local area](#)

#### 3.4.3. **Head Injury & Concussion Awareness and Training**

3.4.3.1. It is *strongly recommended* (but not mandatory) that all coaches complete concussion awareness training. With today's awareness and statistics relating to the seriousness of concussions, it is strongly recommended that each coach be well informed about and have a full understanding of this particular sport related injury.

3.4.3.2. [Concussion Quick Reference Fact Sheet](#)

3.4.3.3. [Concussion Awareness Training](#)

## **Marketing the Team: Athlete Recruitment Techniques/Methods**

### 4. **Athlete/Skater Recruitment**

#### 4.1. **How to Recruit From Session**

4.1.1. Videos Speak to the rink owner about setting up and running speed skating videos during sessions. These videos will capture the attention of others and introduce the sport of speed skating to your customer base.

4.1.2. Races Host races during your sessions. The winner receives an inexpensive prize. (a soda, free pass, a small prize from the stuff shop). There is one rink that hosts "Saturday night at the races". They host races on Saturday evening sessions. This is a great tool to attract skaters.

#### 4.1.3. Speeding Tickets

Create speeding tickets (business cards work perfect) and have your floor guards and staff hand them out to potential speed skaters. The target athletes are the skaters attending session that are always being told to slow down. The speeding ticket is an invitation and free pass to attend beginning speed class. This is a great angle for recruiting. The following is a link to the speeding tickets passed out by Capital City Racing. [Capital City Speeding Tickets](#)

4.1.4. Personal Invitation To Speed Class

As a coach, you should attend sessions regularly and personally invite athletes that show potential. If you attend sessions regularly, you will get to know your customer base. Be personable and friendly. Make sure to announce that the speed skating coach is present and willing to speak to anyone interested in learning more about your team.

4.1.5. Brochures & Flyers

Creating brochures and flyers will allow provide a means for you to promote your team and have information available to rink customers at all times. You can place the brochures or flyers throughout the rink.

4.1.6. Speed Skater Interest Sheet

Develop a speed skater interest sheet that collects information about the potential athlete. The sheet will include contact information that will provide you with an opportunity to speak to the athlete and his/her parents and discuss your skating program.

4.1.7. Brochures or Flyers Inserted into Birthday Party Pamphlets

- Use the rink's birthday party pamphlets as a vehicle to market your team. By placing the flyer into the birthday party pamphlet, you are introducing your club to a new audience...the birthday party mom (yes a mom...someone who has children). This technique is practiced by Team New England and has had much success with their recruiting process.

4.2. ***Speed Skating 101...Learn How To Skate Fast Classes***

Develop a beginner speed class to serve as a springboard for the your advanced team. Use the class to orient the skaters to basic speed skating skills. This is a perfect opportunity teach the athletes the language of speed skating. It is fundamental to understand speed skating "lingo" and phrases. This will ease the transition process to the advanced team as the athlete will be familiar with a few drills and language used during advanced practice. Do not market your beginner speed class as such, however, market it as "speed skating 101...learn how to skate fast classes".

4.3. ***Speed/Skating Camps***

There are few speed skating programs that offer skating camps. Skate City in Colorado offers an annual speed skating camp. This is an effective means to recruit members and build your club. The following is the link to Skate City's speed skating camp: [Skate City speed skating camp](#)

4.4. ***Speed Team Meet & Greet*** Select a night to showcase the speed team at your rink. The meet and greet will introduce your team to the general public. It's a great point of sale for the team. The general public will be impressed with their speed and agility skills and want to know more...the hook.

4.5. ***Social Media***

Create a public Facebook page to promote your team. Include videos, action shots, and information for the general public. Instagram and twitter are additional forms of social media that if used correctly, could produce positive results. All forms of social media should create a clean and positive image of the team.

4.6. ***Website:***

Create a website so that the general public has a means to find information pertaining to and about the team. If the rink has a website (good, bad, or ugly) ask if it is possible to

create a link for the team. This will allow for more local awareness to be associated with the team.

## **Coaching Responsibilities**

### **5. Coach Responsibilities**

#### **5.1. Team Registration**

5.1.1. It is your responsibility to register your team through the USRSS website. [US Roller Speed Skating](#)

5.1.2. This registration is free of charge and allows your skaters to purchase their memberships under their team's identification number.

#### **5.2. Athlete Competitive Cards (USRSS membership card)**

5.2.1. Direct your athletes to purchase their membership cards through the **US Roller Speed Skating (USRSS)** website. [US Roller Speed Skating](#)

5.2.2. Membership cards are important as they provide additional insurance coverage for the athletes and the skating venue. It is encouraged to have athletes purchase their cards once they are an official team member. Once they purchase the membership card, their insurance coverage will take effect immediately.

#### **5.3. USRSS Rules**

5.3.1. It is important to familiarize yourself with the USRSS rules. Becoming knowledgeable about rule set will help reduce frustrations when official calls are made during competition. Understand and cover basic rules with skaters. [US Roller Speed Skating](#)

#### **5.4. Competition Entry Forms**

5.4.1. You will need to familiarize yourself with this process. Completing competition entry forms before competitive events is the responsibility of the coach. Forms may be in either an electronic or hard copy format.

#### **5.5. Having Certified/Registered Coach at Practice**

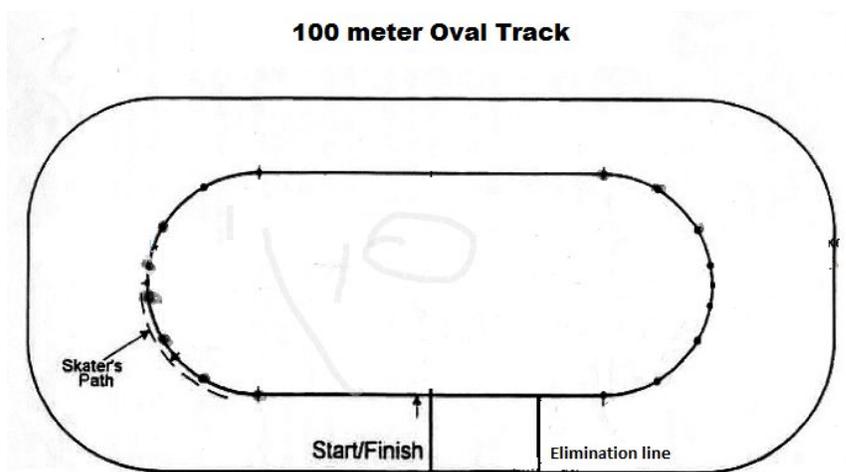
5.5.1. It is imperative to **ALWAYS** have a certified/registered coach at practice in the event there is an unforeseen accident or liability issue. Having a registered coach on site will protect you, the rink, the team, and the organization.

#### **5.6. Maintaining a safe skating environment (Physical & Mental)**

5.6.1. It is important to maintain a safe skating environment. Make sure there are not any obstructions on or surrounding the skating surface and that the skating surface is clean of all debris. Monitor the behavior of athletes so that do not accidentally or purposely injury another skater. Monitor the interactions of your athletes to ensure there is not any bullying taking place...either in person, through text messages, or on social media. Make sure to embrace a positive skating environment to ensure each athlete maintains a healthy self-image.

## The Oval Track

### 6. The Oval Track



*As a coach you will need to understand and teach your skaters how to skate the oval track. The oval track is discussed in detail in section 1 of the USRSS rule book. Please refer the USRSS rule for information pertaining to the oval track. [USRSS Rule Book](#)*

- Pattern/track: The oval track has 3 Lanes/patterns: 1) inside, 2) middle, and 3) outside. You need to teach the skaters how to find and skate the apex of the corner. Skaters should enter a little off the cones (a little wide), hit the apex, and hug the cones to exit the corner.
- Passing: The oval track sets up for better passing as it allows for more passing lanes. Refer to the passing section of this manual for a full description of passing technique.
- Relays: Relays on the oval track will include skaters alternating their position from being on the track to that of being off the track and returning to a “relay” box that is located in the middle of the track. Relays will be discussed in more detail in coaching levels 2 and 3.

### Practice Format & Basic Skill Set Drill Selection

#### 7. Practice Format

##### 7.1. Lesson/Practice Plan Format & Template

- 7.1.1. Entering practice with an established plan is strongly recommended for smooth and efficient transitions between drills. However, remember that flexibility is a must as practice dynamics may change (for multiple reasons) and as a result, your original plan may not produce the best possible outcome. Keep an open mind-flexibility is key.
- 7.1.2. Practice Plan Template Link: [Practice Plan Template](#)

- 7.1.3. Sample Practice Plan: [Sample Practice Plan](#)
- 7.2. **Develop Practice Around Team Dynamics, Size of Team, Athlete Types, Discipline, & Skill Sets**
- 7.2.1. When developing your “Practice Plan” make sure to consider your team dynamics (age groups, ability levels, discipline, and team size). Larger teams will undoubtedly require a more organized “practice plan” to ensure practice flows from one drill to another. Design practices so they efficient and provide the most floor-time possible for all skaters (both quads and inlines). Everyone pays the same team dues, it is your responsibility to provide adequate floor time for each skater. You will want to incorporate short breaks for water and recovery between drills. Remember safety is your first priority. Design your practice to ensure it is safe for all skaters.
- 7.3. **Drill Selection That Is Appropriate for Team Dynamics, Skill Sets, & Ability**
- 7.3.1. Select drills that are appropriate for the entry level team. Don’t make the mistake of selecting drills that are too advanced for beginners. This will heighten frustrations and may cause athletes may lose interest and focus. Choose your drills wisely to maintain athlete engagement.
- 7.4. **Practice Design (beginning, middle, end)**
- 7.4.1. Each practice should be structured to have a beginning, middle, and end. It is recommended to identify goals you would like to achieve for each practice and determine the drills you will implement to attain these goals. The beginning of practice should focus on warm ups. The middle (the heart of the practice) should include technical drills, scenarios, and mock races. The end of practice should focus on cool down and team building exercises. CLOSURE!
- 7.5. **Incorporating both quads and inlines within a practice.**
- 7.5.1. Remember, you will be teaching both quads and inlines. You will need to consider how you will manage coaching both quads and inlines during joint practices. How will you blend quads and inline athletes during practice? How will you select and position drills to effectively transition between quads and inlines.
8. **Level 1 coach’s focus should center on the following when developing a practice plan.**
- 8.1. *Pattern*
- 8.2. *Form*
- 8.3. *Cross-over*
- 8.4. *Passing...power and late*
- 8.5. *Starts*
- 8.6. *Basic Rules (false starts, straddling pylons, passing without contact, blocking)*
9. **Drill Selection**
- Beginning of Practice (Warm ups)**
- 9.1. **Off skate warm ups (Dynamic Exercises Videos Provided)**
- 9.1.1. Dynamic Stretching Link: [Inline Planet: Stretching for Skaters](#)
- 9.1.2. Dynamic Stretching Link: [Dynamic stretching and Warm up](#)
- 9.1.3. Dynamic Stretching Link: [Leg Swings](#)
- 9.1.4. Dynamic Stretching Link: [Side Shuffle](#)
- 9.1.5. Dynamic Stretching Link: [High Knees](#)
- 9.1.6. Dynamic Stretching Link: [A B C Skip](#)
- 9.1.6.1. Dynamic Stretching Link: [Carioca Running Form Drill Demonstration](#)

- 9.1.7. Dynamic Stretching Link: [Side Skips Warm-up Drill](#)
- 9.1.8. Dynamic Stretching Link: [Clapping A Skips Running Form Drill](#)
- 9.2. ***On-skate warm ups*** On skate warm ups should be aerobic based to elevate the heart rate and increase blood flow. On-skate warm ups will allow the skaters to practice skating the track pattern correctly.
- 9.2.1. A pace line drill with drop backs is a good choice for an on-skate warm up. A pace line is when skaters line up fast to fastest and lead a specified number of laps. Skaters will lead a designated number of laps (1, 2, 3, or more) and then rotate out the lead position by moving to the right and allowing the pack to pass. Once the pack is slightly past the skater, he/she re-enters at the back of the pack. This pattern is continued until the coach decides otherwise.
- 9.2.2. Additionally, coaches can use an inside track to relocate slower skaters (they may impede on the safety of the faster and more experienced skaters as the pace quickens). This allows everyone equal floor time.
- 9.2.3. [Pace Line and Drop Backs](#)

**Middle (Heart) of Practice (Form and Crossover Drills...instructional videos for each drill will added as completed)**

- 9.3. ***Correct Skater/ Body Position:*** Skater position pertains to how a skater maintains his/her body while skating.



- 9.3.1. Proper skating position includes a skater in a squat/seated position-knees should be bent almost at approximately a 90° angle with thighs and butt remaining parallel with the skating surface.
- 9.3.2. Feet should be a little less than a shoulder width apart. When in squat/seated position, the knees should not extend past the toes.
- 9.3.3. The body position alignment should be shoulders, knees, and toes. To maintain a “compressed” body position. It is important to have to skater bend at the waist and drop the chest a few inches above the knees. It is important to remind skaters to keep their heads, shoulders, and chest slightly upward. This will allow for proper breathing and knee drive needed for acceleration and top end speed.
- 9.3.4. [3 Tips on How to Skate Fast | Roller-Skate](#)
- 9.3.5. ***Sit Down Drill (inline and quads)*** This drill teaches correct knee bend and proper skating position.
- 9.3.5.1. As a coach, you can do this drill in two ways. You can do this in a pace line from fast to fastest and having skaters drop back to the right after

- their one or two lap lead. Second, you can have the skaters space themselves out throughout the track and complete the drill individually,
- 9.3.5.2. The skaters will position themselves into correct skaters position. Skaters will keep their feet approximately a little less than shoulder width apart. Have skaters hold a small cone or circular disk in front of their face about the height of the their nose, keeping their elbows pointing downward toward the floor.
  - 9.3.5.3. Skaters will cross normally through the corners, remaining in a low skater's position, and maintain a low skater position in both straight-a-ways. Skaters will not skate the straight-a-ways-they will hold the correct knee bend and skating posture.
  - 9.3.5.4. [Sit Down Drill Video](#)
- 9.4. **Arm swing (same for both quads and inlines)** Arm swing is important. A skater does not want to waste extra energy, so an efficient arm swing will allow the skater to save energy and maintain proper direction of energy (forward instead of side to side). Proper arm swing includes the following features: I use the "thumb to nose reference." This keeps the arms from extending across the body and keeps the energy from transitioning from side to side. Skaters should swing the arms in a back and forth motion, sweeping the palms of the hands on the sides of the legs, and keeping the elbows close to the body. Skaters should not extend the backward arm swing much above the hip. When the backward arm swing reaches the hip position, the skater should rotate the hand from palms inward to palms in an upward position. Remind skaters to maintain a relaxed back and forth motion-remind your skaters not to tighten up.
- 9.4.1. [Arm Swing Demonstration](#)
- 9.5. **Cross-overs (inlines and quads)**
- 9.5.1. Many skaters do not finish their crosses. To ensure your skaters finish their crosses, there are several things to focus on. First, have skaters practice their crosses without skates.
  - 9.5.2. With their sneakers on, have skaters move into proper skating position. Then have them step over their left foot with their right so that their feet are side by side, followed by a step out so that their feet are parallel but not crossed.
  - 9.5.3. Next, have skaters put their skates on and space themselves out. Have skaters position their skates a little less than shoulder width apart. Skaters should move into skater position. Have skaters put their weight on their left foot and step over the left foot with the right foot so both feet are side by side and then transition out by stepping out of the crossed step. Have skaters repeat the stepping pattern down the floor. Practice this several times up and down the floor, using the full length of the floor. Remind the skaters to maintain proper arm swing while completing the crossover exercise.
    - 9.5.3.1. [Crossovers Down the Floor](#)
    - 9.5.3.2. [How to Do a Crossover | Roller-Skate](#)
    - 9.5.3.3. [Crossover Basics](#)
- 9.5.4. **Circle Drills (inline and quads)**
- 9.5.4.1. Right foot scooter pushes (skating direction)
    - 9.5.4.1.1. Quads (right foot should push through and off the inside toe and flick...then repeat) [video](#)
    - 9.5.4.1.2. Inlines (push to side and and return to center-underneath the body and repeat this pattern while skating circles)
    - 9.5.4.1.3. [Right Foot Scooter Pushes Skating Directions](#)

- 9.5.4.1.4. [Right Foot Pushes in Opposite Directions](#)
- 9.5.4.2. Left foot pushes (skating directions)
  - 9.5.4.2.1. Quads (left foot should reach out to the left, grab the floor, and pull through, and finish with the push off the toe and a flick off the outside wheel) [video](#)
  - 9.5.4.2.2. Inlines (the left foot should stay underneath the skater-do not reach to the left as one does on quads-the left foot should step in a forward motion, grabbing the floor, push the left foot through and up-the skaters should concentrate on the through and up...the tuck)
  - 9.5.4.2.3. [Left Foot Pushes Skating Direction](#)
  - 9.5.4.2.4. [Left Foot Pushes in Opposite Directions](#)
- 9.5.4.3. Crosses (in skating and opposite direction)
  - 9.5.4.3.1. Quads (skaters will practice regular crosses around circles or corners-reaching with the left foot heel, pulling through, pushing off the toe, and then flicking off the outer toe wheel, while crossing over with the right foot, when the right foot comes into contact with the floor, the weight will transfer to right foot, the right foot will push outward to the right-skaters will not keep feet on the floor-skaters will continue to repeat the pattern and remember the heel/toe flick throughout the drill) [video](#)
  - 9.5.4.3.2. Inlines (skaters will cross in a regular fashion, skaters will not reach up and to the left, they will keep the left leg underneath and step forward, grab the floor with their skate, pull the left foot through and up while the right foot is crossing over, once the right foot has contact with the floor, the skater will transfer his/her weight to the right foot and then push off the right foot-skaters will continue to repeat this pattern throughout the drill-skaters will focusing on the push...through and up also known as the tuck) [video](#)
- 9.5.4.4. Bucket Drills (inlines and quads) The photographs below shows how the 5 gallon bucket design an assembly. The 5 gallon bucket is fastened to a circle of plywood with 4 rotating wheels bolted underneath. Drills with buckets will promote correct body position, learning to cross in both directions, correct pushes and energy transfer, improve edges, and promote correct hip placement.

### **Skater Bucket**



View of bottom of the bucket. Note the placement and attachment of the “swivel” wheels.



The bucket pictured below focuses on how the the lid of the bucket is fashioned to the plywood.



The picture below illustrates how the lid of the bucket is bolted to the plywood.



(insert picture and how to construct video)

9.5.4.5. Circles skating direction [Bucket Drill Skating Direction](#)

9.5.4.6. Circles opposite skating direction [Bucket Drill In Both Directions](#)

**10. Pattern:** Track Pattern/Path Drills (for inline and quads)

10.1. Set up cones to teach correct skating pattern. Set up cones to teach the three lanes associated with the oval track. The oval track has an inside, middle, and outside lane. Skaters will be able to utilize all three lanes during competition. The inside track is considered the tight track and does not allow for passing on the inside. The middle line is the lane that allows for skaters to move to the inside or outside fairly easy. The outside lane/line allows for skaters to generate the most speed. [Video](#)

**11. Starts:** Body position for Starts

11.1. The USRSS will use a start that requires skaters to maintain an upright body position. Skaters will not use a “down” start.

11.2. In ***Individual Age Group Distances***, after the skaters have chosen their positions, the command “ In Position “ will be given. The skaters will step into the box without hesitation and the starting signal will sound. If there are less than 6 skaters in the race, the inside position must be left open.

11.3. ***False Starts*** Once the race starting command has been given, all skaters are to assume a position signifying they are ready to race. If a skater moves from the ready position before the starting signal is sounded or delays getting into position, the Track Officials’ whistles will sound signifying the need for all skaters to report back to the line for a restart and a false start will be issued. The first false start is signified by the official showing the skater a yellow card. A second false start will equal a race disqualification, signified by the official showing the skater a red card. Once issued, a false start will follow the skater through all of the rounds of that particular event (ex. If a skater receives a false start in the initial heats of their Individual Age Group short distance and receives another false start in the final event, they will be disqualified for 2 false starts).

11.4. ***The “Up” Start*** Both Quads and inlines will use an “up start” to begin all individual age groups. The “up” start may be in either a side or forward position. The command “in position” will be used for individual age groups. Skaters will stand up right about 1 foot behind the line. When the “in position” command is given, the skaters will step forward directly behind the start/finish line. When stepping forward, the skater will assume a low

body position (facing either forward or sideways), and loading his/her body weight on the front leg. When the starting signal is sounded the skater will bring the back leg through in a forward direction, followed by the skaters running forward on their skates until he/she reaches the first corner. At that point, the skater will begin to cross into and through the corner.

11.4.1. [Inline Side/In Position Start](#)

11.4.2. [Inline Front/In Position Start](#)

11.4.3. [Inline Front Start 2](#)

11.4.4. **Start Drills**

11.4.4.1. ½ lap starts: Skaters are lined up on the start line and are given the “in position” command and when the starting signal sounded, skaters will race for a half a lap. The focus is on the start and the entry into the first corner.

11.4.4.2. 1lap starts: This drill is similar to the ½ lap drill but skaters complete a full lap. The emphasis is on the first 100 meters of the race. The start, attacking the first corner, straight-away, second corner, and finish at the line.

**12. Passing:** Passing Drills (for both inlines and quads)

12.1. [Passing Basics Inside Straight-away Late \(Going into the Corner Pass\)](#)

This pass will take place after the start/finish line and before the apex of the corner. The pass is designed to better position (move up through the pack) without using excess energy-low energy pass. The skater will step or skate to the inside of the pack going into the corner, moving with more speed and energy in a forward direction, and will pass one or more skaters while allowing the pack to merge back to him/her. Meanwhile, the skater will gain one or more positions in the pack. This pass will be broken down into greater detail in the level 2 coaching manual. The main idea for a beginner is to have him/her build speed coming out of the corner until they reach the midway point and then have the skater step to the left, maintain a straight line/path into the corner, and allow the pack to reabsorb the skater completing the pass. The skater completing the pass will use his/her hand (fingertips facing down) to move the skater in front slightly forward. Thus, allowing for enough spacing for the skater to reenter the pack without making body contact.

12.1.1. [Late Passing Older Skater](#)

12.1.2. [Late Pass Younger Skater](#)

12.2. [Inside Straight-away Power \(Out of the Corner Pass\)](#)

This pass will take place coming out of the corner and before the start/finish line. The pass is designed to gain position before skaters are able to move into or block the inside lane. This pass requires a more energy, which is generated in the corner. The skater will build speed in the corner, move to the inside lane coming out of the corner, use the momentum built from the corner to pass one or more skaters. The skater will merge with the pack in the straight-away. Ideally, This pass should be completed by the finish/start line. [Video](#)

**13. Speed Drills:** (for both inlines and quads)

Speed drills are used to develop an athletes top end speed. Skaters need to learn to skate fast.

13.1. [Races](#) are used teach skaters to skate fast in pack situations. Races will allow skaters to utilize and practice the skill sets learned from their base building drills. Races allows skaters to learn to think on their skates. The coach can decide how many laps the skaters will race and the recovery period between each set of races. [Video](#)

- 13.2. 1 lap sprint drills help skaters develop their opening 100 meters of their races. This drill is a one lap race from the start line and skaters race as fast as they are able to sprint for 1 lap. Coaches can decide how many 1 lap sprints their skaters will complete and how many skaters will be in each group. [Video](#)

### **End (Closure of Practice)**

#### **13.3. Cool Down Drills (Slow and Technical)**

- 13.3.1. Easy skate switching the lead every lap (for inlines and quads). This should be a easy drill, one lap leads with drop backs.
- 13.3.2. Easy relay (for inline and quads). This can be either a done in groups or 2 or more, depending on how many skaters are attending practice. Make sure the skaters complete this drill in an easy fashion...this is a cool down drill.

#### **13.4. Team Building Activities**

- 13.4.1.1. Team Cheer (for everyone). As the Fast Forward coach, I have always had my skaters come together at the end of practice and participate in a team cheer. I have found that it is a strong team building activity.
- 13.4.1.2. Cheese & Chase Relay (for inlines and quads) This is a relay drill where two teams compete against each other, however, it is important to select teams evenly in speed...this makes for good competition.
- 13.4.1.2.1. The teams will relay every lap and begin on opposite sides of the floor. The teams relay at opposite sides of the floor as well.
- 13.4.1.2.2. The order of skaters should range from fast to fastest. The last (fastest) skaters should do two laps so they have time to so down when they relay the first skater in the pack...the fast skater.
- 13.4.1.2.3. This drill will continue until one team catches the other team.
- 13.4.1.2.4. Skaters and parents will cheer and encourage skaters during the drill. It is a fun and exciting drill. This drill teaches skaters to make good relays during higher speeds and teaches skaters how to handle the pressure of the competition. [Video](#)
- 13.4.1.3. Sharks & Minnows (for quads and inlines)
- 13.4.1.3.1. This drill is another fun drill to end practice with. Select one or two skaters to be the sharks and have them line up in the middle of the floor.
- 13.4.1.3.2. Create boundaries (in the middle of the floor) using cones to serve as the area where the “sharks” must stay within. As in a game of tag the sharks are it.
- 13.4.1.3.3. The other skaters (the minnows) will all line up at one end of the floor. The coach yells go or blows a whistle. Once the whistle is blown, the “minnows” skate from one end of the floor to the other skating to the designated area for the sharks trying to evade the sharks.
- 13.4.1.3.4. If the minnows are tagged by a shark, they now become a shark and join the others in the middle area. This pattern will repeat up and down the floor until there is only one minnow remains on the floor. [Video](#)

### **Documenting Athlete Progress**

#### 14. **Tracking Athlete Progression** (for inlines and quads)

- 14.1. [RSA Achievement Test](#) Coaches may refer to the Achievement test put in place by the RSA. The link provided will provide information pertaining to achievement testing sponsored by the RSA. The achievement test are a great manner in which your athletes are able to demonstrate and document their progression in speed skating. Additionally, skaters will be able to earn achievement medals once they have mastered each speed test.
- 14.1.1. [SRSTA Program-Achievement](#)
- 14.2. [In-House Time Trials](#) 1 lap timed trials (An example could be a 14s, 13s, 12s, 11s, 10s club. This could be as simple a chart displayed at the rink showing the kids in each timed category or as elaborate as awarding skaters time trial t-shirts for each timed category saying they belong to the 11s club).

### **Code of Ethics**

#### 15. **Code of Ethics**

- 15.1. Maintain appropriate behavior and attitude at practice, in public, and at competitions at all times. Lead by example.
- 15.2. Refer to the code of ethics link to understand the expectations of the **US Roller Speed Skating (USRSS)**. You are expected to sign the code to ensure you are fully aware of the expected behaviors. [Code of Conduct in the USRSS Rule Book \(Pages 13-14\)](#)

### **Selecting & Purchasing Equipment**

#### 16. **Equipment**

- 16.1. [Inlines](#) (Entry & Intermediate Level)  
There are many companies that offer very good quality entry and intermediate level inlines. It is suggested to sit down with your rink owner or manager to determine which packages the rink will offer along with pricing to the skaters.
- 16.2. [Quads](#) (Entry & Intermediate Level)  
There are many quad companies from which to select and order equipment and each company offers great packages. Again, sit down with your rink owner or manager to determine the best product and pricing to offer the skaters.

#### **RSA Level 1 Coaching Assessment:**

- Once you have read and thoroughly reviewed the USRSS Level 1 Coach's Manual, complete and submit the level 1 coaches assessment. This is an open book assessment...it is to your advantage to refer to the manual while completing the exam.
- Complete the "RSA Level 1 Coaching Assessment Google Form" Use this link to complete the assessment. [USRSS Level 1 Coaching Assessment](#)
- A score of 80% is mandatory to achieve a USRSS Level 1 Coaching Certification.