A SKATE LABS FIELD GUIDE

YOUR FIRST TRICKS

Stance, pushing, falling right, your first ollie and a few more. The stuff we wish someone had told us on day one.

A BEGINNER'S GUIDE

12 PAGES

READ IT ON YOUR PHONE



TAPE 01 / DAY ONE

02 START HERE

BEFORE YOU ROLL

Nobody looks smooth on day one. Everyone you've ever watched skate spent a whole afternoon just trying to roll in a straight line. That's how it starts for everybody.

IN THIS GUIDE

03 **Find your stance**
04 **Push and roll**
05 **How to fall**
06 **Turn and stop**
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11 **Run a good session**

WHAT YOU NEED

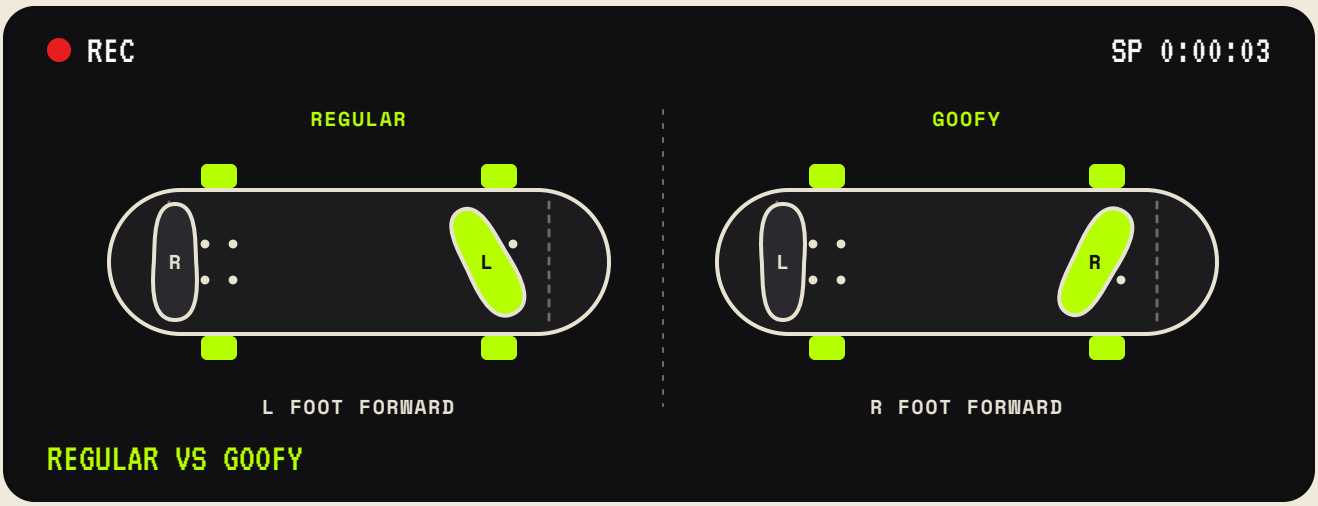
- ☐ **Helmet.** Wear it every time. Heads don't heal like elbows do.
- ☐ **Wrist guards.** Your hands go down first when you fall.
- ☐ **Knee and elbow pads.** Pads let you fall without fear, so you try harder.
- ☐ **Flat skate shoes.** Flat, grippy soles. Running shoes slip off the board.
- ☐ **A complete board.** Deck, trucks, wheels, all set up. Field Guide 03 shows you how.
- ☐ **Smooth flat ground.** An empty parking lot, a quiet court or a skatepark at a slow hour.

REAL TALK

There's no right age or right body to start skating. Go at your own pace, skate with people who make it fun, and don't compare your day one to someone else's year five.

FIND YOUR STANCE

Regular means your left foot goes in front. Goofy means your right foot does. Neither one is better. You just need to know which one is yours.



01 The push test

Stand relaxed with your feet together and have a friend give you a light, surprise nudge from behind. The foot you step forward with to catch yourself is usually your front foot.

02 The slide test

Take a run and slide across a smooth floor in socks. The foot that ends up leading is usually your front foot.

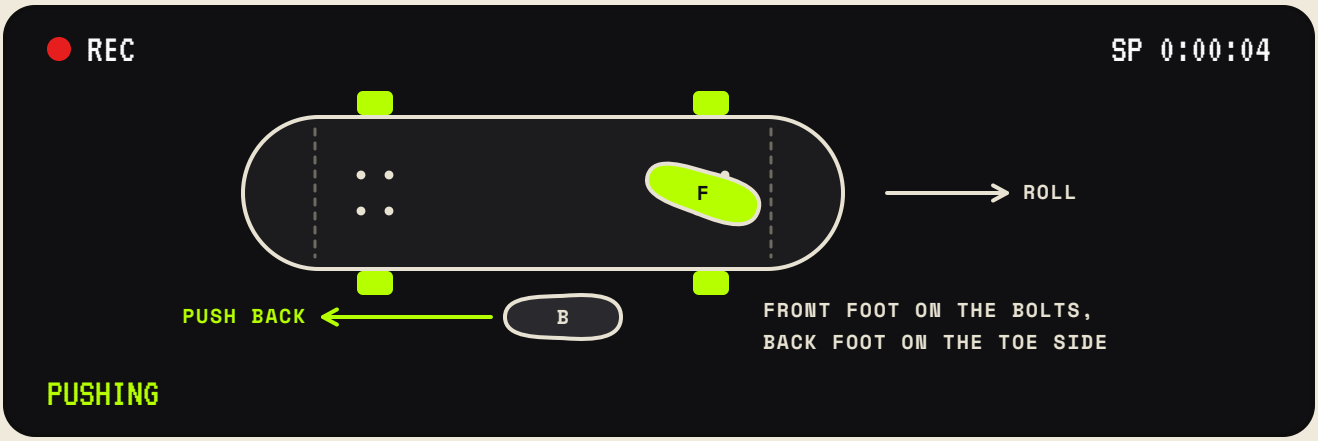
03 Trust the board

Stand on your board on grass or carpet so it can't roll. Try it both ways. One feels steady, the other feels like writing with the wrong hand. Go with steady.

04 PUSHING

PUSH AND ROLL

Pushing is the first real skill, and most people rush it. A relaxed, balanced roll is where every single trick starts.



01 Front foot on the bolts

Put your front foot over the front truck bolts, pointing mostly forward. Knee a little bent.

02 Push with the back foot

Step your back foot down beside the board on your toe side and push back. Long, easy pushes beat short, frantic ones.

03 Turn and ride

Once you're rolling, put your back foot on the tail and turn your front foot sideways across the board. Knees bent, shoulders over the board, eyes where you're going.

REAL TALK Pushing with your front foot is called mongo. Plenty of people do it, but it makes setting up for tricks awkward. If you can, learn to push with your back foot from the start.

05 SAFETY

HOW TO FALL

You will fall. Everyone does, forever. The trick is falling in a way that lets you get up and go again, so practice it before you need it.

01
Roll it out

Tuck your chin and let your shoulder and back take the fall in a roll. Rolling spreads the hit out. Landing flat on one spot is what hurts.

02
Bend, don't brace

Catching yourself with stiff, straight arms is how wrists and elbows get hurt. Keep your arms bent, stay loose and let the wrist guards take the scrape.

03
Slide on your pads

On a ramp, drop to your knees and slide down on your knee pads. It only works with real pads strapped on properly.

When a trick goes wrong at low speed, the best move is often to step off and run it out. Let the board go. It's a piece of wood, it will be fine.

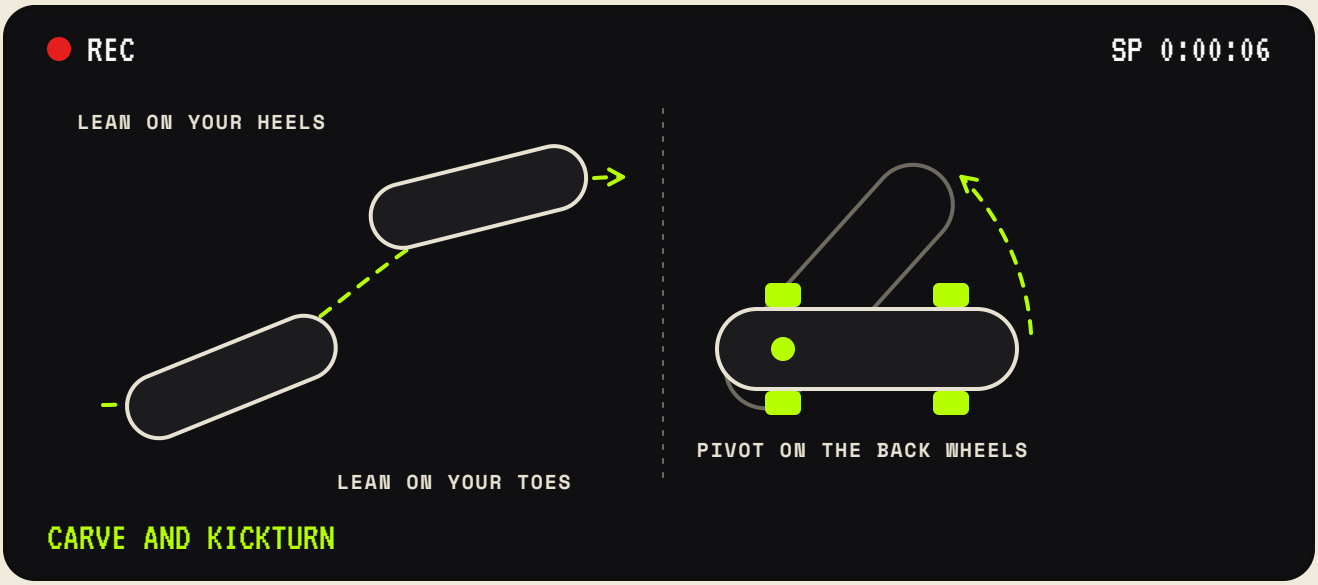
Try a few slow, easy falls on grass first, so rolling out feels normal before you ever need it on concrete.

SAFETY Wear a helmet every time you skate, even on flat ground, and wrist guards while you're learning. If you hit your head, stop for the day and get checked by a doctor.

06 CONTROL

TURN AND STOP

Before tricks, learn to steer and to stop. Being able to bail out of a line on purpose is what keeps a session fun.



Turning

Carving. Lean gently on your toes to turn one way and on your heels to turn the other. Small leans go a long way.

Kickturns. Press the tail just enough to lift the front wheels, turn your shoulders and the board follows. Set it down and roll away.

Stopping

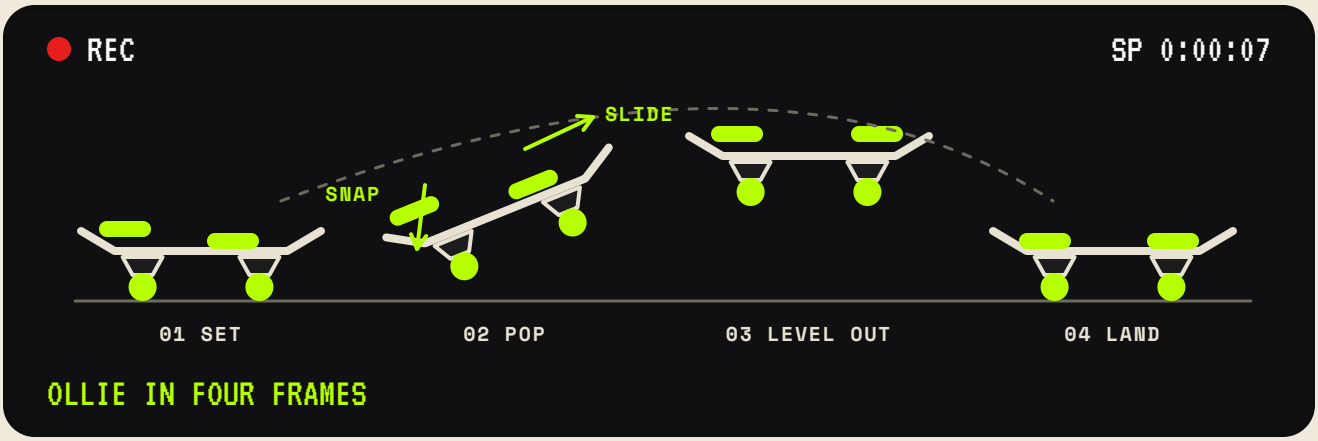
Foot brake. Keep your weight on your front foot, take your back foot off and let the sole drag lightly on the ground. Press harder as you slow down.

Going faster than you want? Foot brake early, or carve into grass. Only step off and run it out when you're going slow enough to keep up with your feet. Never bail at full speed.

07 THE OLLIE

YOUR FIRST OLLIE

The jump nearly every street trick is built on. Learn it slowly.



01 Set your feet

Ball of your back foot on the tail, front foot just behind the front bolts. Crouch down.

02 Snap the tail

Jump and snap the tail down hard with your back foot at the same moment. That pop lifts the board.

03 Slide and level out

As the nose rises, slide the side of your front shoe up toward the nose to level the board. Knees up.

04 Land on the bolts

Come down with both feet over the bolts and bend your knees to soak it up.

TIP Learn it standing still on grass or carpet first, where the board can't roll away. Once it feels natural, try it rolling slowly.

08 TROUBLESHOOTING

OLLIE FIXES

Stuck? You're in good company. Almost every ollie problem comes down to a handful of things. Find yours here.

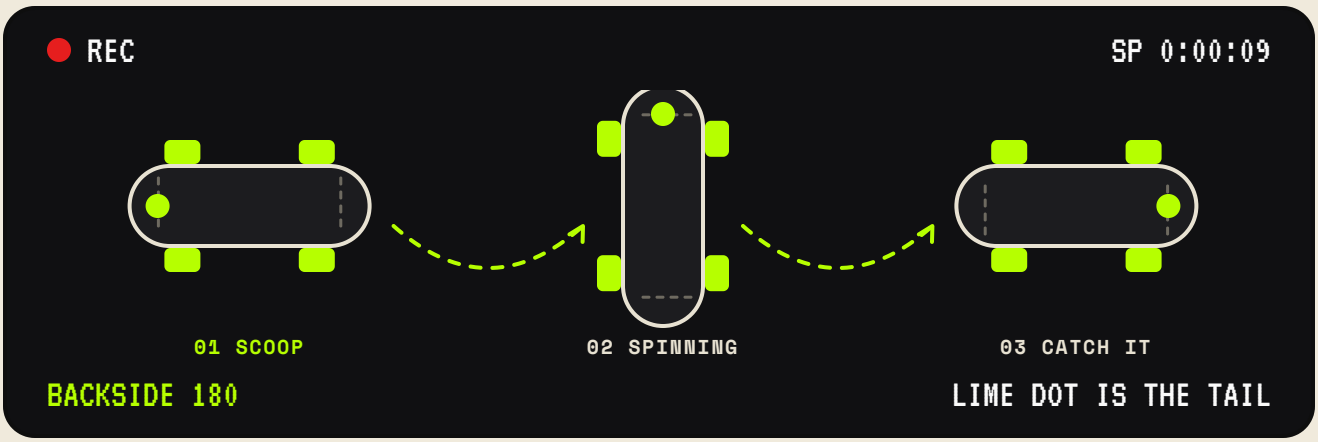
WHAT HAPPENS	WHAT USUALLY FIXES IT
Board barely leaves the ground	Snap the tail harder and jump higher. The pop and the jump happen together.
The nose won't come up	Slide your front foot further up toward the nose and bring your front knee up.
Board ends up in front of you	You're leaning back. Keep your shoulders over the board and look down at the bolts.
Feet land off the board	Keep your shoulders lined up with the board so you jump straight up, not out.
You land, then fall over	Bend your knees on the landing and keep your weight centered.
Scared to try it rolling	Go back to grass for a while, then roll slower. Speed comes later.

Give it time. The ollie can take weeks to click, sometimes longer, and that's normal. Short sessions on most days beat one long session a week.

> **TIP** Film your attempts on your phone. You'll see right away if you're leaning back or if your front foot isn't sliding.

THE POP SHOVE-IT

In a shove-it the board spins half a turn under you while you keep facing the same way. Start with the backside one, where the tail swings behind you.



01 Start without the pop

Rolling slowly, push the tail behind you with your back foot as you hop. The board spins, you come down on it. That's a plain shove-it.

02 Set your feet

Ball of your back foot on the toe edge of the tail. Front foot relaxed, just behind the front bolts.

03 Pop and scoop

Pop the tail like a small ollie, but scoop it backward so the board spins. Jump straight up and don't follow it around.

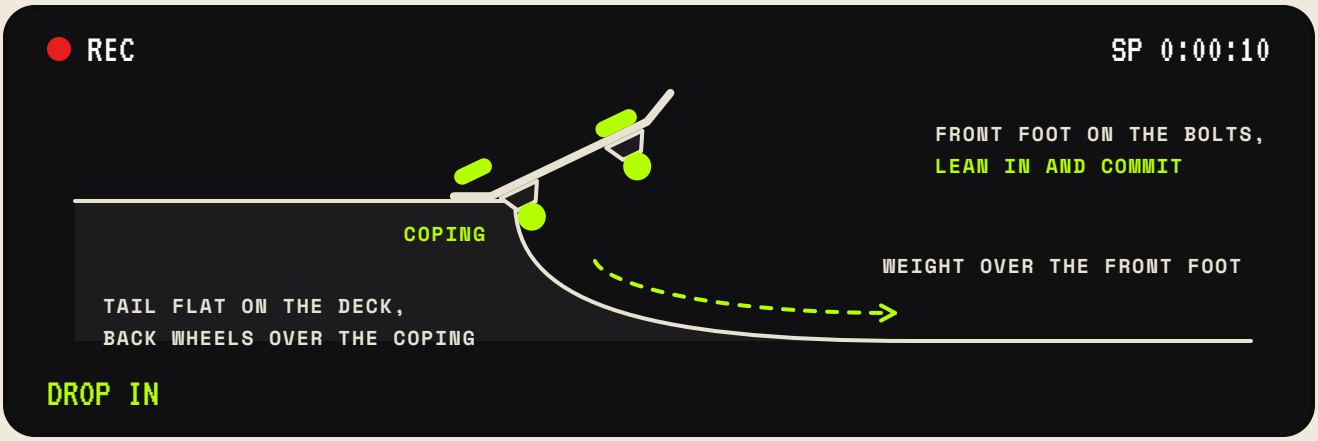
04 Catch and land

Let it turn the full half spin, catch it with your front foot, then put both feet down over the bolts.

10 RAMPS

YOUR FIRST DROP IN

Dropping in is a head game. The move is simple, committing is the hard part. Start on the smallest ramp around.



01 Set the tail

On the deck of the ramp, set the tail down with the back wheels over the coping. Hold it with your back foot.

02 Front foot on the bolts

Place your front foot over the front bolts. Keep your weight on the back foot for now.

03 Lean in and commit

Shift your weight onto your front foot and push the nose down until the front wheels meet the ramp. Lean forward, knees bent, eyes down the ramp.

SAFETY Leaning back is the classic mistake. The board shoots out and you land on your back. Helmet and pads on, commit forward, and check the ramp is clear first.

11 SESSIONS

RUN A GOOD SESSION

How you practice matters as much as what you practice.
Here's a simple way to spend an hour on your board.

STEP	WHAT TO DO
Warm up	Roll around, push, carve and do kickturns for ten minutes or so.
Old stuff	Do what you already know a few times. It builds confidence.
One new thing	Pick one trick and give it real tries. Not ten tricks at once.
Film a few	Film some attempts on your phone and watch them back.
Finish clean	End on something you can land. Leaving on a make feels good.

PARK MANNERS

Take turns

Watch the flow, wait for a gap and don't cut into someone else's run.

Mind your board

If your board shoots out, call it out loud and go get it fast.

Stay off landings

Never sit or stand where people land. Hang out off to the side.

SAFETY Skateparks get busy. While you're learning, go at quieter times, so you can practice without dodging faster riders.

THE LAST PAGE

NOW GO SKATE

Stance, pushing, falling, turning, stopping, the ollie, the shove-it and the drop in. Take it slow, wear the helmet, and celebrate the small stuff, like your first ollie that actually rolls away.



NEXT

More field guides

Field Guide 02 shows you how to film and edit clips on your phone. Field Guide 03 walks you through building and caring for your board.

PLAY

A Game of SKATE

Got a few tricks down? Global SKATE lets you play a Game of SKATE by video with a friend anywhere. It's in testing now at skatelabs.app.

See you out there.

SKATE LABS FIELD GUIDES