

Leaning



Coaching Points

- Leaning and balancing on a partner teaches a skater how to deal with force and how to recover when that force is removed.
- Make sure that players at all levels understand correct body placement on opponent / partner to get best results from leaning on them.
- Leaning can be offensive or defensive skill

Safety Points

- Skaters should be able to recover from skate to skate contact.
- Skaters should be able to maintain balance/control of skates when they experience pressure from another person on skate.

Introduction

Contact with partner

- Start off skates with skaters leaning on each other and using each other for balance
- Leaning on wheels, have skaters work in pairs have one skater lean on the other skater while rolling
- Resistance and escape, showing skaters how to resist movement if someone is leaning on them. Showing skaters how to duck out of or move away from someone leaning on them

Exploration

Different body placements, leaning with teammate vs leaning on an opponent

- Partners leaning one each other to create a defensive wall
- How to maintain a defensive wall with a partner with pressure from an opponent
- Leaning on an opponent to move them to a different position on the track
- Resisting and keeping space when an opponent leans on you
- Footwork to get away when an opponent is leaning on you

Development

Stability, Power, and Targeting

- How to "seam" with a partner so there are no holes in the defensive wall for the Jammer to exploit
- Using wall partner to balance each other and create more stability in the defensive wall
- Where to lean on an opponent so you can move them and they can't escape the lean.
- Duck, turn, or push back on an opponent when they begin to lean on you

Proficiency

Using leaning in gameplay

- Defensive flat walls
- Moving opponents out of position while rolling
- Avoiding or escaping an opponent's lean during gameplay

Land Training

- Balance Training
- Squats with assistance or modifications if needed
- Agility training focusing on changing body position vertically and truing
- Core work
- Glute bridges

