

Skating A-B-C

Skating requires courage when you have to try balancing on the ice with skates on your feet. Skating is a popular hobby, but it is good to remember a couple of basic skating tips. Here are three tips for learning how to skate:



Tip A: Wear a helmet and do your warm-up!

Ice skating is an outdoor activity and a small, initial warm-up before going to the ice is recommended. Ten jumping squats, swinging arms, or jumping in place is a good idea and it only takes a few minutes. It is also highly recommended to use a helmet! The helmet protects your head if you fall or someone collides with you.

Tip B: Learn to fall and get back up

Falling is part of skating, which is why it is also worth spending some time learning it! Before taking the first moves on the skates, you better learn how to fall and get up again. In that way, falling becomes a natural part of skating instead of being a scary thing that you fear and focus too much on.

Tip C: Kick to the side, slide and brake

When you master the falling, it is time to try the first kicks. Start by standing in the correct skating position by keeping your knees bended. Kick a little bit to the side by pushing the ground, hold your bottom down, knees bended and enjoy the slide until you start losing pace. When you succeed in gaining a bit more speed, it is time to try the aura braking, where your toes point towards each other, so your feet form an A-shape.

Remember to bring a smile, a childish mind, and a snack for the break!