

# THE OLLIE

The **Ollie** is the key way of **jumping** with your board without using your hands. Take as long as it needs to get this move **right** as you'll use it to perform lots of other different **tricks**.

## TRY AN OLLIE PATCH - AN OLLIE WITH THE BOARD NOT MOVING - AT FIRST.

GUS



**1** Get rolling and put your back foot on the tail. Your front foot should be between the middle and the front truck.

**2** Push the tail down hard onto the floor and take all the weight off the front foot. Jump your back foot up and forwards.

Drag your front foot up to the nose as soon as you lift your back foot.

**3** Lift your knees as you continue to drag your front foot to the board's nose. The dragging and lifting actions help suck the board up with your jump. Keep your body over the board.

**4** Control the board with your feet to level out in the air. Aim to land on all four wheels at the same time. Crouch as you land to absorb the impact.