

## how to Ollie on a Skateboard

1. Verb Ending In Ing
2. Noun
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# how to Ollie on a Skateboard

on a \_\_\_\_\_ is \_\_\_\_\_ and takes a lot of practice. It is \_\_\_\_\_ for \_\_\_\_\_ to get frustrated at first, but once you feel comfortable doing it, you will feel \_\_\_\_\_ and \_\_\_\_\_.

There are three simple steps to guide you in doing this \_\_\_\_\_:

1. Footing position. Place your \_\_\_\_\_ foot in the center of the board and your \_\_\_\_\_ foot half way down on the tip of the tail.

2. Pop the tail by \_\_\_\_\_ all your weight to your back foot and at the same time, slide your front foot up until it catches on the \_\_\_\_\_. This will get you into the air, and also level out your \_\_\_\_\_.

\_\_\_\_\_ is hard. You want to land in about the same position you started from, so bring your legs straight down. This will take a while to get, but don't give up.