

how to Ollie on a Skateboard

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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.