

How to Freeline Skate

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Freeline skating is akin to inline skating and skateboarding but it is fast, stable, and low profile. It only take seconds for you to start cruising, unlike inline skates.

Things You'll Need

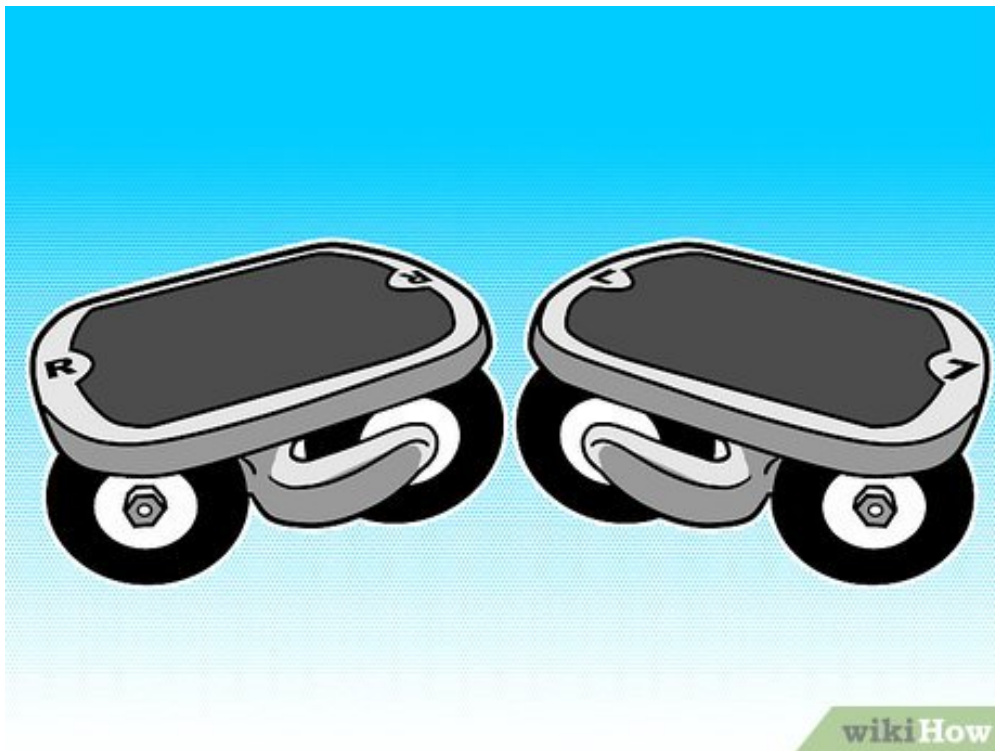
- ☐ Freeline skates
- ☐ Protective gear
- ☐ Shoes

Steps



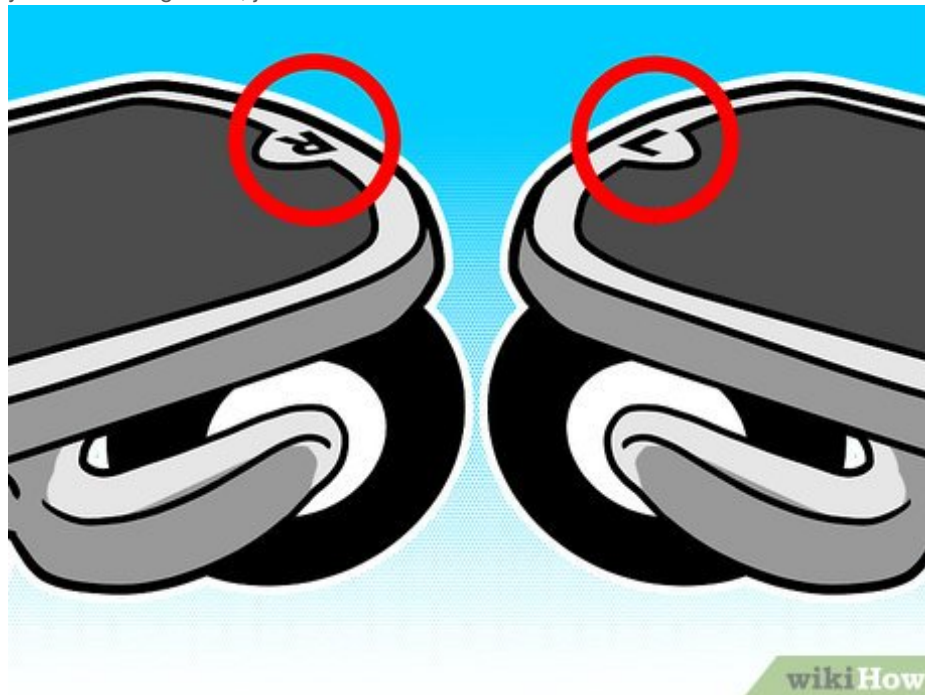
1 Find a good location.

- A park or an empty car park will be the best for beginners due to the rails and walls present.



2 Get used to the sliding feeling upon stepping on the freeline skates.

- Each freeline skate is labelled with *L* and *R*, which means there are specific skates for your left and right feet, just like shoes.





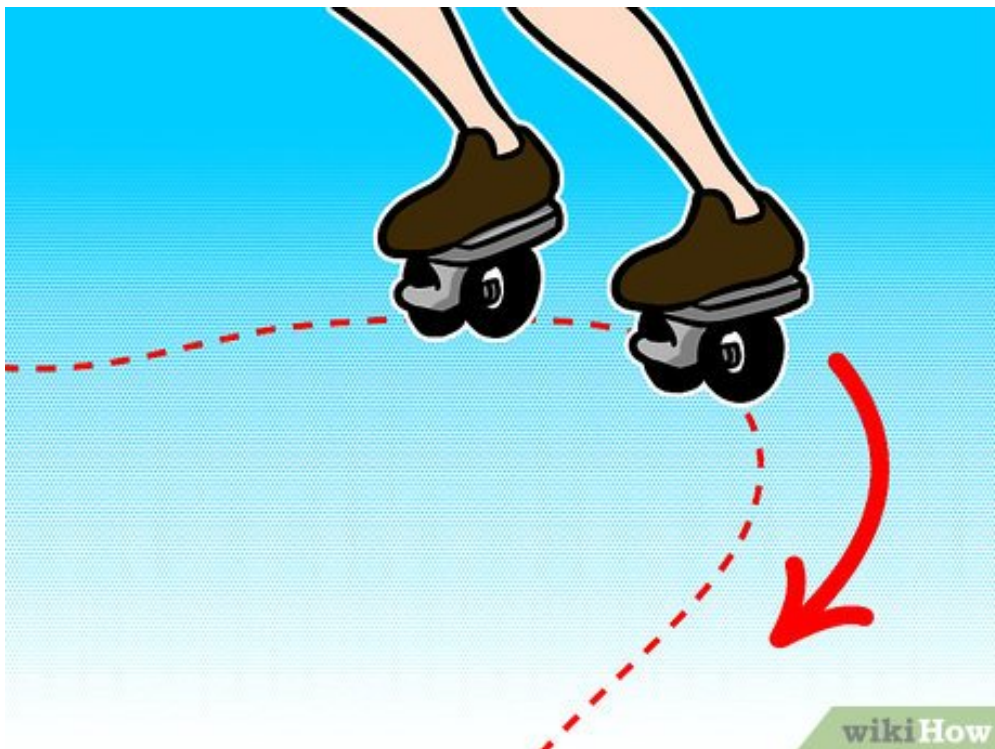
3 Put your skates on. Put your right foot on the freeline skate labelled with *R* with the tip of the shoe facing downward; then put the other on the freeline skate labelled with *L* with your foot at neutral position.



4 Stand up and push off from the wall. Now you should be moving due to the momentum. Just put your feet down if you become unbalanced. Don't give up and keep the momentum going.



5 Practice your footwork. When you are moving, move one of your feet in a horizontal S motion; this should allow you to skate further a little bit. Then try the other way round. It can be difficult for both legs to move in the carving motion simultaneously initially, so practice one leg first, then move on to both. If you get it right off the bat, just go with it.



6 Understand structure of freeline skates. The wheels on each skate are facing different directions. Every time you practice, try to push your skates towards the direction the wheels are facing.



- 7 Brake as needed.** Lift your foot away from the deck when you want to stop. If there is a lot of momentum, then run as you jump off the deck.



- 8 Practice to get perfect.** Combine the above steps in practice, and you'll be freeline skating like a professional in no time.



9 Finished.



Tips

- Use your arms for balance.
- For beginners, it can seem helpful to spread your skates to more than shoulder width apart to stabilize yourself, but actually the key to skate faster is by keeping your skates close but not touching.
- A slightly steep surface is best to gain the horizontal S carving motion as you have enough momentum.



Warnings

- Do no attempt very steep hill until you have enough confidence.

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