

On Skates Endurance

Laps Pyramid (1+ Skaters)

Skaters skate (5) laps with one slow crossover at each Apex, (5) laps with two crossovers, (5) laps with three crossovers, (5) laps with four crossovers, and (5) laps at their own pacing. Encourage strong, intentional crossovers performed slowly to develop the musculature and endurance. The first three sets should be performed in a paceline, forcing faster skaters to maintain a slower pace that will challenge their strength.

Shopping Carts (2+ Skaters)

Skaters take turns pushing one or more other skaters. Skaters who are not being pushed must hold a derby position and steer the shopping cart.

At Higher Levels: Have the skater in back plow stop to add resistance

Chariots (2+ Skaters)

Skaters pull one or more other skaters. Skaters who are not being pulled must hold a derby position.

The Gauntlet (8+ Skaters)

Divide skaters into two groups with one group spaced out on the track doing laterals and the other group skating laps and dodging the laterals. For smaller groups of skaters or to make it especially challenging you can concentrate the skaters performing laterals into a shorter length of track like the space between the jam and pivot lines. Alternate each group between doing laterals and laps.

Penalty Sprints (1+ Skaters)

Set up Penalty seats / benches / areas with enough room to accommodate the number of skaters participating. Have skaters on the track and sprint at the whistle for set times and then,

on the whistle, exit the track legally and sprint to the bench, where they get to rest for 30 seconds. On release skaters return to sprinting on the track. Repeat intervals until skaters are sufficiently enduranced.

At Higher Levels: Reduce the number of seats each round and have skaters race for a spot, as in musical chairs. Skaters who do not make it to a seat in time should do an exercise such as squats or planking.

Footwork (No/Minimal Contact)

Crossover Tow (2+ Skaters)

Skaters pair off and one takes the outside skater's hand and pulls them along laps on the track. Skater being towed does not skate but can hold a good derby stance and help stabilize the towing skater. The towing skater focuses on really leaning into their crossover and intentionally performing the push and pull movements. Derby and Anti-Derby direction highly recommended for this drill to encourage muscle balance.

Standing Crossover Pulls (2+ Skaters)

As an exercise to work on crossovers, two skaters stand side by side holding hands. One skater does a crossover while the other provides a stabilizing force that allows the skater to crossover slower and deeper without feeling off-balance.

Crossover Cones (1+ Skaters)

Cones are placed on the track, one in each lane, going up and across the track. Skaters stand in front of the first cone and cross over to reach the next cone. Ideally crossing over and then adding a plow stop to practice getting in front of and stopping a jammer. Exercise can be done forward and backward in both directions

At Higher Levels: Add a second skater facing the first skater. Have them move together, challenging them to keep up with each other.

Rocket Footwork (1+ Skaters)

Footwork exercises performed in intervals of x seconds on and x seconds of rest. Meant to develop skate control, comfort with weight shifting, and foot dexterity.

- Jogging
- Fast feet
- Toe stop jog
- Pivot Twist
- Pivot twist faster or with more jump
- Side Steps
- Side Steps faster or wider, moving into hops
- Crossover
- Crossover faster or wider
- Crossover toe stops
- Crossover toe stops faster or wider

Ankle Biters (1+ Skaters)

Each person carries a cone and skates moderate paced on the track. On the whistle, they drop the cone and step all around it for 30 seconds. Can be done with flat footed steps, laterals, and toe stops.

Lateral Cross (1+ Skaters)

Place (4) cones at N, E, S, W positions. Spaced further apart makes the drill easier, spaced closer together makes it harder. Skaters to skate figure 8's forward and backwards as well as side to side in both directions. Can add skaters choice 4 cone weaves. Options include pivots, side surfing, crossovers, etc. Skaters should try all techniques in doing figure 8's, keep hips and shoulders pointed forward as much as possible.

At higher levels: Space cones closer together, add intensity.

Transitioning Through Cones (1+ Skaters)

Set up a line of cones going up the track. A skater positions themselves slightly behind and beside a cone and then transitions around and across the space between two cones to wind up a little in front and to the other side of the cone, facing derby direction. The skater should come to a quick stop and be in a strong derby stance throughout the entire time, as if going from being a butt to catching a jammer on the chest and immediately returning to being a butt.

At higher levels: Space cones closer together, add intensity.

Banana Peel (6+ Skaters)

Skaters line up in pairs down the middle of the track and skate in a two lane paceline. On the whistle the two skaters in front laterally cut to the edge of the track, turn around toe stop on the line and then run to the end of the paceline, where they turn around toe stop and get back into the paceline, switching sides.

At Higher Levels: Speed up the pace line

At Lower Levels: Remove the pace line and have two lines on the jam start line. Have the skaters run up to the 20' mark and perform the same banana peel

Derby Skills (Light to Full Contact)

1v1 Positional Laterals (2+ Skaters)

Pairs of skaters start in a forward 1v1 blocking position. The skater in back begins moving lateral across the track while the skater in front attempts to stay in front of them.

At Higher Levels: Blocker should suck back on the jammer, putting their feelers out and attempting to remain in physical contact with the jammer at all times. Pace can be slowed down and sped up until the blocker is being sufficiently challenged

1v2 Positional Laterals (3+ Skaters)

One skater acts as a jammer with the other two skaters forming a braced tractor-trailer blocking position. The jammer begins moving lateral across the track while the skater in the butt position attempts to stay in front of them under the direction of the trailer, who is free to communicate the whole time but can not rotate position to catch the jammer.

At Higher Levels: Blocker should suck back on the jammer, putting their feelers out and attempting to remain in physical contact with the jammer at all times. Pace can be slowed down and sped up until the blocker is being sufficiently challenged

At Lower Levels: There should be no contact, just positional blocking and the jammer should go at a pace that challenges the blockers not themselves

1v2 Trust Laterals (3+ Skaters)

One skater acts as a jammer with one skater in a butt blocking position and closes their eyes. The third skater faces the jammer as if to brace but can not touch the blocker. The jammer begins moving lateral across the track while the skater in the butt position attempts to stay in front of them using only their feelers and the brace's directions. Pace can be slowed down and sped up until the blocker is being sufficiently challenged but this is a communication focused drill.

Jukey Jammer, Brainy Blocker (2+ Skaters)

Half of the skaters line up down the middle of the track spaced about 20-ft apart to act as blockers while the other half line up to act as Jammers. Jammers skate up to each Blocker and attempt to Juke before picking either the inside or the outside to go around the Blocker. The Blocker should guess - either out loud or by pointing which way the Jammer is going to go. Jammers should earnestly attempt to fool the Blocker by trying different jukes, waiting until the very last moment to juke, etc. Blockers need to commit to their guess so they can see when they're fooled and when they're not. Blockers can start by facing anti-derby to practice detecting jukes as a brace but should also try facing derby direction so they have to look over their shoulder and judge that way

At Higher Levels: Allow Blockers to physically move to intercept the Jammer and/or let Jammers come in with more speed.

At Lower Levels: Start Blockers facing the Jammers so they can watch the approach and start to learn how Jammers move their bodies when attempting a juke. Keep it no to low contact so skaters can just focus on the Juke without worrying about their feet

Derby Waltz (2+ Skaters)

Pairs of skaters start in a forward 1v1 blocking position. The jammer attempts to move and spin around the blocker while the blocker attempts to move with the jammer and prevent them from getting in front. Once the jammer gets in front, they become the new blocker and the blocker attempts to move and transition in front. Blocker and jammer should stay in physical contact with each other for the duration of the drill

Booty Block (2+ Skaters)

Skaters line up on opposite sides of the track. One skater begins moving forward at a slow to moderate pace first. The second skater follows and gets in front of them using a combination of laterals and then plow to block the other skater. Emphasis should be on timing and aim, keeping your butt on the jammer without locking wheels and bringing both skaters to a stop. Work both directions

At Higher Levels: Increase the speed of the first skater, allow the first skater to respond to the block by either pushing or moving around

At Lower Levels: Have both skaters start stationary with one behind the other. They take turns blocking each other from a stand still

1v1 Forward Blocking (2+ Skaters)

Divide the track in half (inside and outside) through the middle (using cones) between jammer- and pivot-line. Pairs of blocker and jammer line up at the jammer-line. The jammer then tries to push the blocker/move laterally around them/etc. until the pivot-line.

The blockers are instructed to keep the jammer on their butt as much as possible. If the jammer moves backwards, they should move backwards too (without making forceful contact that would be a directional penalty). If they turn around (thus facing the jammer, with the jammer on their chest) they should try to turn back around. If the jammer is pushing on their side (left or right), they should try to get the jammer on their back/butt again.

5 Second Drill (2+ Skaters)

Skaters pair up with one acting as the jammer and one acting as the blocker.

At Lower Levels: Start with the skaters stationary and side by side on the edge of the track. Have them take turns pushing each other off the track

At Higher Levels: Increase the speed of the first skater. Have the second skater attempt to run the first skater back, encouraging the first to get back on the track as soon as legally possible

Two Lane Catch (2+ Skaters)

Skaters start on opposite lanes of the track (1 and 4). One skater starts first and begins skating forward at a slow to moderate pace. The second skater skates up to make contact and sweep the first skater off the track. Optionally encourage the second skater to hit to the line and turn around toe stop to remain on the track.

At Lower Levels: Start with the skaters stationary and side by side on the edge of the track. Have them take turns pushing each other off the track

At Higher Levels: Increase the speed of the first skater. Have the second skater attempt to run the first skater back, encouraging the first to get back on the track as soon as legally possible

Apex Catch (2+ Skaters)

Skaters start on opposite sides of the track with the jammer on the outside of the track and the blocker closer to the inside. The jammer acts as if just getting out of the pack on the outside of the track and begins skating towards the Apex. The blocker runs up the middle of the track and executes a turn around and backward one foot plow / powerslide to catch the jammer.

At Lower Levels: Eliminate the jammer and practice the backward plow / powerslide, add the turn

At Higher Levels: Increase the speed of the first skater. Have the second skater attempt to run the first skater back, encouraging the first to get back on the track as soon as legally possible

Big Friendly Pack (4+ Skaters)

All skaters form a big friendly pack - friendly meaning all skaters can be grabbed and used as a whip assist at any time. Encourage them to pack up quite tightly, drill leader can skate backwards about 5-10 feet away from the pack and tell them no one can pass the drill leader. Allow skaters to skate tightly packed at pack speed until most look comfortable with being so close to each other then start calling out individual skaters to weave through the pack to either the front or back of the pack. Encourage skaters to take the scenic route and weave through as many people as possible. Once skaters are comfortable moving through the pack, call out Skater A to go hit Skater B. Allow Skater B to avoid being hit by running away through the pack. Both Skater A and Skater B can use members of the pack for whips, to dodge around. Allow the pack to get silly and fall into chaos.

At Lower Levels: Keep the pack slow, possibly don't have Skater B resist being hit.

At Higher Levels: Encourage other members of the pack to assist or hinder Skater A and Skater B! Consider having a second person at the back of the pack who can also call out skaters.

Big Derby Pack (9+ Skaters)

Divide skaters into groups of 3-4, ideally by recognizable colours (ex: black, white, blue, etc) and have them form a very large pack moving at a controllable but challenging speed. Call out instructions to specific groups to practice maneuvering as a team within and around a pack effectively

Example Calls:

Wall up in front, back, or middle of the pack - Called out group should skate to the specified location and wall up appropriately. Specific formations can be called out or decided on the fly.

Man-Up - Called group members each pick a person and block them individually. Can be positional for newer skaters, full contact for more experienced skaters

Protect Your Points - Skaters to race to the front of the pack as if protecting their points from an incoming jammer. At higher levels - other skaters could attempt to stop them

Scrills (Full Contact)

Zombie Jammer (3+ Skaters)

One skater acts as a “zombie jammer” who skates forward slowly with no juking, pushing, laterals, or etc. One skater acts as a 1v1 blocker and the third skater acts as offense. The offense must continually work to get the zombie jammer free while the blocker works to avoid the offense and continue blocking the jammer. Emphasis on the offense doing very thorough O as the Jammer won't dodge or run through a small opening and also on the blocker hustling to reform as there is no one else to stop the jammer.

At Lower Levels: Perform a single offense and let the blocker reform before doing more O.

At Higher Levels: Blocker should resist and react to the offense as necessary while the offense continually harries them to get the jammer out. Add in running both the blocker and the jammer back and providing whips and assists to the jammer.

Sashay Away (6+ Skaters)

A Jammer pushes against a tripod, moving laterally enough to challenge the tripod. If the jammer gets out, the tripod resets. The rest of the skaters line up 20' away. The Jammer is able to tap blockers out at will. Tapped out blockers immediately exit the track, as if receiving a penalty, and relief blockers skate from line to fill in the tripod

At Higher Levels: Add jammer and blocker intensity. Relief blockers to line up behind the tripod

Four Corners (5+ Skaters)

Jammer starts 10-20 feet away from the jam line. Two blockers start on the jam line, one on the inside line, one on the outside. Two blockers start further up the track, one on the inside line, one on the outside. At the whistle, the jammer begins skating into play, blockers must form a wall to stop the jammer's charge.

At Higher Levels: Start from further away. Play derby to pivot line / apex

Five and Slide (5+ Skaters)

Four Blockers start on the line with a jammer ready for the 5 second call. Jammer attacks the wall and the wall blocks until the apex at which point the wall rotates so people change positions. Anyone waiting joins the wall. Experiment with different jam start positions - flat wall, tripod with float, etc. Encourage the wall to practice moving back as one on the whistle. Try different things against different jammer types. Encourage the jammers to try different ways to attack the wall - good opportunity to practice coming into the wall at speed or throwing jukes.

At Higher Levels: Add an offense skater

Ping Pong (6+ Skaters)

A line of jammers forms at the Jam Start line and Pivot Line while a wall of blockers forms at the Jam Start line. The first jammer begins jamming against the wall until they reach the pivot line. As soon as the wall or jammer touches the pivot line the next jammer is released. The wall goes back and forth until all jammers have jammed or otherwise determined. Encourage skaters to practice their track awareness and know when to let the jammer go to allow them to prepare for the next incoming jammer. Also focus going from a job to a job - as a wall will need to pivot from holding the opposing jammer to providing offense.

Stations (6+ Skaters)

Place a jammer on the apex before the jam line. Place Blocker 1 at the jam line, Blocker 2 just before the apex, Offense 1 just after the Apex. Blocker 1 solo blocks the jammer until reaching Blocker 2, who assists Blocker 1 in blocking. When they reach Offense 1, Offense assists the jammer. If the jammer gets out before Offense 1's assistance, reset and resume. Once skaters fill one role, they should move onto the next role. Best if there's extra skaters to perform a rotation with some lines to allow rests.

At Lower Levels: Positional blocking only to light contact.

At Higher Levels: Full contact

Red Light / Green Light Wall (4+ Skaters)

Skaters group up tripods or 4-walls with a jammer. On timed intervals (ex: 1 min / 15 seconds) announce Green Light and Red Light. On Green Light the wall blocks the jammer in appropriate derby fashion with the Jammer challenging seams, pushing the wall, etc. If the Jammer escapes, the wall and jammer should reset as quickly as possible. On Red Light the wall blocks positionally while skating slowly forward, as a wall, or allowing the Jammer to push them forward with no resistance as if in a no pack situation. On Green Light the wall should immediately stop and commence blocking. Focus on the wall remaining cohesive and executing fast stops as a unit and immediately being able to block.

Paceline Exercises (4+ Skaters)

Weaving Forward

Weaving Backward

Spaghetti Weave

Weaving Hits

Weave and Push to the Line

Transition through the Line and Catch

Waterfall

Games

Capture the Flag

Skaters each have a penny or helmet cover in a pocket, tucked into their waistband or otherwise accessible. At the whistle they attempt to steal one another's flags while protecting their own. Once their flag is stolen, they exit the track. Play is confined to the jam start to pivot lines. Optional Rule: Skaters can give their spare flags to others or use their spare flags to remain in play after losing their own

At Higher Levels: Contact is allowed and a skater who falls or is knocked out of bounds has to drop their flag on the ground and exit play.

Sumo Circle (2+ Skaters)

Mark out a reasonably sized circle on the ground (5' ish diameter). Two skaters start in the circle at a time and attempt to push, hit, or otherwise force each other out of the circle. Anyone who crosses the circle or falls down loses the match. Encourage footwork to avoid hits and the line.

Cone Shuttle Run (2+ Skaters)

Lay out a straight line of cones across the middle of the track and divide skaters into two groups positioned around the outside of each Apex. On the whistle skaters sprint back and forth grabbing one cone at a time and depositing it on their Apex. When all cones have been collected, count up the cones and see who got the most.

Cone Relay Tic-Tac-Toe (2+ Skaters)

Lay out a large Tic-Tac-Toe board in the middle of the track and divide skaters into two groups positioned around the outside of each Apex with a stack of differently coloured cones. On the whistle skaters from each team sprint up with a cone and play it on the Tic-Tac-Toe board until someone wins or the game ends in a tie. The next skater is only released by the returning skater and can not leave early.

Potential Alternate: Once the board is full allow skaters to start replacing a single cone with their cone and shout "Tic-Tac-Toe" to win the game. If the opposing team can run up and replace one of their own, same rules apply.