How to do and ollie on a skateboard

Step one: Stance

To prepare to ollie, place your back foot so that the ball of your foot is on the tail of your skateboard. Place your front foot between the middle and front trucks of your skateboard. If you find that it works better for you to have your feet shifted to other places on your skateboard, that's fine.

You can learn to ollie while standing stationary, or while your skateboard is rolling. Ollying while standing still works the same way as while rolling, but I think rolling ollies are easier than stationary ollies. If you would like to learn to ollie with your skateboard stationary, you can place your skateboard on some carpet or grass to keep it from rolling. If you prefer to learn to ollie while your skateboard is rolling, don't go fast at the start. Whichever way you learn to ollie, once you feel comfortable you should try to ollie the other way as well.

Step two: The Pop

When you are ready to ollie, bend your knees deeply. The more you bend your knees, the higher you will go.

Slam your back foot down on the tail of your skateboard as hard as you can. At that moment, you want to also jump into the air, off of your back foot. This part is key and takes practice. The trick is in getting your timing right. You want to slap the skateboard's tail down, and as it hits the ground, jump off of that foot into the air. Make sure to pull that back foot high into the air. It's a quick, snapping motion.

Step three: the front Foot

As you jump into the air, your front foot needs to roll slightly inward, and with the outside of your foot, you want to guide the skateboard as it flies into the air. Some people describe this as dragging the side of your front foot up the skateboard – that's more or less what is happening, but what you are doing is using your shoe and the grip tape on the board to pull the skateboard higher into the air with you, and guiding the skateboard to where you want it.

This can be tricky to figure out, so just take your time and relax. The first few times you try and ollie, it helps to not worry about this part. You will end up doing a sort of half-ollie, popping just a little in the air. Or you might fall! But don't worry, this is all part of learning. If you want though, you can certainly start with rolling your ankle when you try and ollie - whatever works for you! Eventually, you will need to roll and drag, and you'll figure it out. Just take your time!

Step four: Level out

When you jump, pull your knees as high as you can. Try to hit your chest with your knees. The deeper you crouch down before the ollie, and the higher you pull your feet, the higher your ollie will be.

All during the ollie, try and keep your shoulders and body level, as in don't lean toward the tail or nose of your skateboard too much. This will make the whole ollie easier, and it will make it easier to land on your skateboard after the ollie.

At the apex (top) of your jump, when you are as high in the air as you will go, you want to flatten out the skateboard underneath you. Make both feet level on the top of the skateboard.

Final Step: Land and Roll away

Next, as you fall back toward the ground and land, bend your knees again. This part is vital! Bending your knees will help absorb the shock of landing on your skateboard, it will keep your knees from getting hurt from the impact, and keep you in control of your skateboard.

Finally, just roll away. If this sounds simple, then great – get out there and practice! If this sounds too complicated, don't worry. Just go slow, and take your time. There is no time limit to learn how to ollie – some people learn in a day, and I know one guy that took over a year to learn how to ollie on his skateboard. Also, like with most things in skateboarding, your body is learning how to ollie more than your mind is. So, with practice, you'll eventually get it.

Thank you for reading my guide on how to do oliies