

A Guide for Beginner Wakeboard Instruction

LAKE 1 ORIENTATION

When there are long lines at Lake 1, in order to keep our customers active and busy while they are waiting at the System 2.0, we will have the Dock Hand complete the following tasks:

- **ON-LAND**

- **FINDING THEIR STANCE:** Most people don't know which foot is their lead foot when riding, so have them walk out to an open spot on the turf close to Lake 1 and have the riders form a line standing side-by-side, next to each other. From there, you will want to have them spread their feet, shoulder-width apart. Once they are in the ready position, you will instruct them to jump forward and land sideways as if they were about to jump on a surfboard or a skateboard. Make sure they know to jump and land sideways in whichever foot-forward feels most comfortable. Have them do this two more times and whichever foot forward they land with, that will be their lead foot when wakeboarding—**Goofy (right foot) or Regular (left foot)**.
- **STEPS 1, 2, 3:** You will all have your own way of coaching, but these 3 steps will help you to educate the riders before they get into the water.
 - **Step 1 "START POSITION":** Sit down, feet spread, knees to your chest, and ARMS OUT, shoulders upright and head up. Have them sit in a reclined position.



- **Step 2 "GETTING UP":** Transition the rider's weight from their butt to their feet, and get in a squatted position (knees stay bent and arms stay straight). **WE CALL THIS THE CATCHER'S POSITION IN BASEBALL!** This is supposed to resemble when the cable starts to pull them up and the board begins to ride on the surface of the water. They keep their body upright with their weight even on their feet as they begin to glide on the surface of the water—**NO LEANING BACK, NO LEANING FORWARD. A catcher in baseball does not lean on his heels; otherwise, he will fall back on his butt if he does—same in getting up on a wakeboard.**



- **Step 3 “RIDE SIDEWAYS & STAND TALL”:** Now that they are gliding on top of the water, it is now time to bring their lead foot forward. Have them bring their lead foot forward only slightly in front of them –45 degrees (so not totally in front of them), ARMS STAY STRAIGHT, and chest is upright. It is crucial not to lean forward at this point or allow their upper body to bend at the waist—this will cause them to fall forward as the cable pulls them. As they bring their lead foot forward and begin to stand up, they will need to put more weight on their back foot (rear foot). To do this, have the rider drop their rear shoulder down toward their rear knee as they begin to stand up—this will help them maintain their weight on their back foot and allow their lead shoulder to stay upright. Lastly, as they begin to stand up, make sure the riders knees stay slightly bent as they ride, with more bend in their rear leg.



- ****THE TWO BIGGEST MISTAKES BEGINNERS MAKE:** Bending their arms and putting weight on their heels/leaning back as they try to get up. If you can avoid both of these mistakes, then wakeboarding is easy!

• IN WATER

- In groups of 5-7 riders, have each rider put their vest, helmet, and board on and get in the water to the left side of the starting dock if you’re looking down the lake. This should be a big enough space for them to practice some basic fundamentals they will need to know before they ride. Make sure they are off to the left, close to the start dock, and not close to the buoys. **All riders need to be completely floating before they start these next few drills.**
 - The first one is teaching them to keep their arms straight and their knees bent (**no T-Rex arms!!!**). Have everyone practice this a few times.



- Next, is teaching them to make full circles or rotations while floating on their back, paddling themselves around to get the bottom center of their board to face the direction of where the carrier/cable is going. Have them practice this a few times until everyone can make full circles while floating on their back.
- Third, is teaching them to flip over from their back to their stomach. Have them use their shoulders, hips, and feet to twist over. A good tip to share is telling the riders to kick their foot as they are twisting their upper body and hips. Also, be sure to have their head turn in the direction of where they are twisting—where the head goes, the body follows. ****Smaller children will need to learn to climb the rope and twist their board over when it's their turn to ride.****
- After they complete these three drills, have them swim back to the shore and take their gear off and get back in line!