



waterski & wakeboard  
scotland

SCOTTISH GOVERNING BODY

# BACKYARD COMPETITION: BASIC TRICK RUN

# INTRODUCTION

Waterski and Wakeboard Scotland has created this book, to support participants in the Town Loch National Training Site Backyard Trick Competition to learn a Basic Trick Run.

Thanks to Friends of Tournament for their support in delivering this training and to John Battleday of JB Ski for providing much of the content contained within this book.

**The book is made up of 4 sections which are:**

## **DEEP WATER START & BASIC POSITION**

This section will cover how we get out of the water and up on a trick ski and the basic position you are aiming to achieve.

## **SIDE SLIDE**

Once you are comfortable it is time to try our first tick the side slide. This section will break down how to achieve this.

## **WAKE CROSSINGS**

This section will cover the key elements of crossing the wakes in either direction.

## **180**

The final and most challenging trick in this basic run is the 180. In this section we've broken down the steps to achieving this.



**Watch: [The Basic Trick Run In Full](#)**

# DEEP WATER START & BASIC POSITION

## DEEP WATER START

A deep water start on a trick ski is similar to any other mono ski start with the key being to be patient. To get started:

- Try to get into a similar starting position as your normal waterski start. Bring your knees up to your chest, keep your head up and arms nice a straight. Try to keep your knees close together.
- When the boat starts to pull you forward, try and bring your heels under you and stay low on top of the ski. Remember: Be Patient!
- Once you are on top of the water, try to slowly stand with slightly more weight on your front foot.

Note: Some people find it easier to trail the back leg.

## BASIC POSITION

The basic position we are aiming for is:

- Head up looking at the back of the boat above the ski platform.
- Back straight, not leaning back.
- Hips above an open knee stance (imagine a football between your knees).
- Weight on ball of front foot, Back foot between a 45 & 90 degree angle.
- Arms straight and low with a slight curve in them.
- Weight even, the flatter the ski rides the easier it will turn.

# SIDE SLIDE

Once you are comfortable up and riding on the trick ski and have got into our basic position you can attempt your first trick. A side slide is when you slide the ski along the surface at 90 degrees to the normal skiing position.

The steps to learning a side slide are:

1. Keep your head and shoulders facing the back of the boat.
2. Turn left if your left foot is your front foot left & vice versa.
3. Take baby steps - slide the ski a few degrees, moving the handle across and in towards the opposite hip.
4. Gradually turn the ski a little more, returning to the normal skiing position straight away.
5. As you turn more keep the ski sliding and staying sideways longer each time whilst still looking at the boat.

**Remember: Head Up! Knees Bent! Back straight!**



# WAKE CROSSINGS

Before attempting to cross the wake make sure you are in a strong comfortable position with your arms straight, knees bent with your shoulders hips and ankles in line. To cross the wakes:

1. Look in the direction you want to go.
2. Initiate the turn the same way as you would on a slalom or mono ski by putting pressure on the edge of the ski.
3. Keep your knees nicely bent to absorb the wake.
4. Continue the edge down and away from the wake.
5. The process is the same to cross back over.

**Remember: Don't look down at the wake.**

# 180

Once you are comfortable with the side slide and wake crossings it's time to try a 180. To do this you should:

1. The start of the process is the same as the surface slide.
2. Keep the ski rotating, bringing the handle against where your back pocket would be.
3. Keep looking at the back of the boat.
4. Once you can get backwards try to stay backwards for a little longer each time.

**Remember: Keep looking at the back of the boat! Keep your front ankle slightly bent!**