Jibbing Manual

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Whether you've been hitting rails for a while now or you are totally new to snowboarding, after reading and following these exercises you will develop the ability to learn a host jib trick with confidence. This manual is purposely designed in sequential steps. It's up to you to practice and apply these techniques Let's get started!

The key to all jibbing!

Riding on metal, plastic or wood features, shares similar properties with riding in the air, the lack of friction makes deflecting your momentum difficult. If you get onto a jib feature out of balance, it's difficult to regain that stability. The key to all jibbing is being in control of your body position relative to the feature your sliding across. Your body position and mass needs to always be projected at a 90 degree angle to the angle of the feature. If you're on a flat box or rail, you can employ the basic freestyle body position (explained below). If the feature goes uphill, then you must rotate your own position to remain in balance. Most park features head down hill so most often you will have to be leaning downhill to keep you base dead flat against the feature and avoid slipping out.

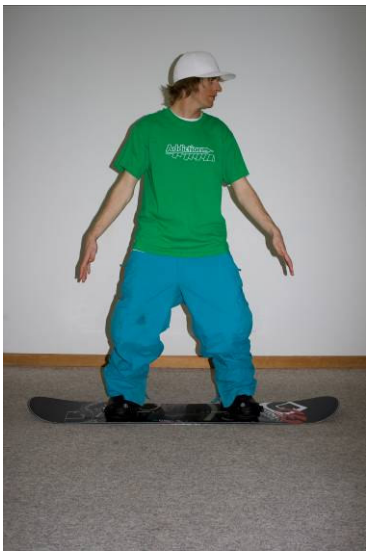
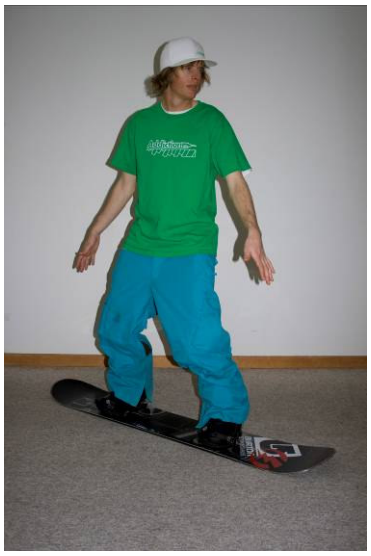


Freestyle body position:

Your basic body position is critical to maintain a flat base while jibbing. Master these fundamentals and every trick will branch out from here.

- ✓ Knees bent
- ✓ Back straight
- ✓ Head up and looking in the direction of travel
- ✓ Weight of your body projected down into the board
- ✓ Shoulders, hips and knees are always aligned with the board

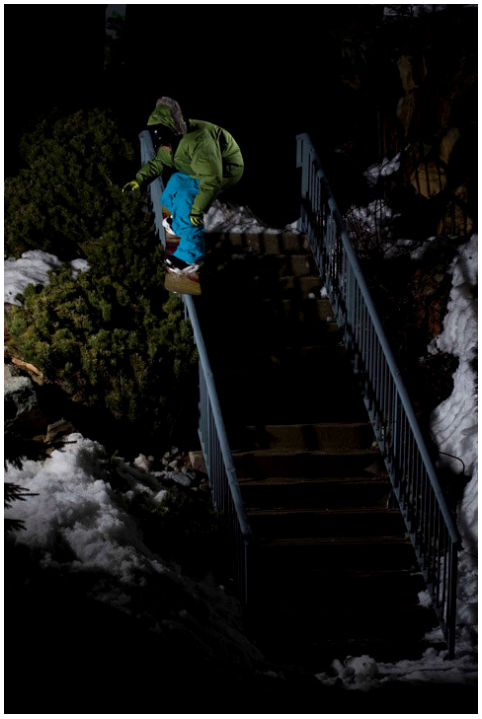
Try to keep your front hand over the nose of your board and your back hand over the tail for proper alignment. The photo's below represent a stable and ready body position.




Rider: Nev Lapwood
Photographer: Simon Portner

Decrease your chances of injury:



1) Wear safety equipment when pushing your limits! I have personally been through many injuries from broken ribs and wrists, to concussions and a separated shoulder. I still feel lucky compared to the many friends who I've seen get taken to the hospital with all sorts of horrible injuries. Snowboarding has progressed very rapidly over the past couple of years and the rails and jumps are always increasing in size. Consequently the falls are much harder. If you want to ride the whole season every season be smart and wear as much protection as you can. The trick is to be well protected without anyone knowing what you're rocking. I always wear, impact shorts (butt pads), knee pads and shin pads. When I'm pushing my limits I also wear a helmet, back brace, and shoulder pads. This may surprise you because you'd never know that I have any of it on other than the helmet. In this photo below I am rocking all the protective gear listed. By wearing this equipment not only do you increase your confidence on rails you save yourself from sitting out a season.

Rider: Nev Lapwood
Photographer: Greg Roebuck, www.GregRoebuck.com
Location: Whistler

2) Slowly progress your way into bigger features and better tricks. Get comfortable with the motions, practice a lot and you're confidence will increase. You need to be comfortable with every rail you hit. If you're not comfortable, back off until you are.

3) The third secret is the most important one. Take 10-30 seconds before you attempt any trick and visualize what you want to do. That's it, when you do this your brain "sees" what your body is supposed to do and you are literally programming your body for success. Although this is a very simple tactic do not underestimate its effectiveness. Take the time to see yourself completing the trick with perfect balance and say to yourself in your head or out loud "I'm going to land this trick." Attempt to re-create the exact trick you visualized in your mind. It is extremely important you believe you can do the trick even when you're scared, it's all about mindset!

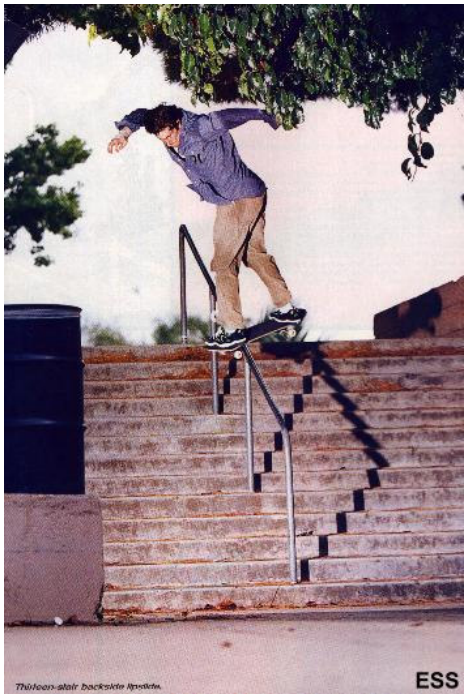
Hint: the more realistic you make your visualization the better. By visualizing the trick before you try it, you're programming your body. I dare you to use this simple technique and see what happens.

The Snowboard Addiction training system is about fusion. Once you've read this manual, start with physical training and dry-land drills to help program the rail tricks into your body. Once you're ready for the hill, re-read the trick advice below for your know-how and bring that mp3 audio with you on the hill. Do the focused training recommended and begin trying the tricks you want to do.

Frontside, Backside, I'm confused! How are jib tricks named?

Snowboarding and Skateboarding are very similar sports when it comes to rail tricks, however Skateboarding has been around for much longer and for that reason we must look at how skaters chose to name their tricks.

Because a skateboard has trucks and wheels they have to Ollie onto a rail from one side, either their frontside if the rail is in front of them as they Ollie on or their backside if the rail is behind them as they Ollie on.



What is the name of this trick?
Is it "frontside" or "backside?"
(the skater is regular footed)

If the skater had come from the right side of the picture it would be a "frontside boarslide" because he would have been facing the rail as he approached it (infront = frontside).

If the skater had come from the left side of the picture and ollied up and over the rail into his current position then it would be a "backside lipslide" because his back would have been facing the rail as he approached it (behind = backside).

At first glance it appears as if he's doing a frontside boardslide although after closer inspection, the bottom left hand corner tells us he's doing a backside lipslide. Which is a very technical trick on a skateboard.

It can be a little confusing that two tricks with almost the exact same position are named completely different because of the way we approach the rail.



The exact same skateboard naming rules apply with snowboarding. All jibbing tricks on a snowboard are named the exact same way as they would be on a skateboard. It all depends on the direction you approach the rail from.

Here's a similar photo on a snowboard. I am also a regular rider. So this jib trick could either be a frontside boardslide or a backside lipslide depending whether the rail was in front of me or behind me during my approach. From the photo you can see that I approached from the right had side. As a regular footed rider this would position the rail in front of me making the trick a frontside boardslide.

All this naming of tricks might seem a little weird at first but it's important to understand the difference rather than being confused why one of your friends calls a trick this name and the another friend calls the same trick a different name.

50-50:

A 50-50 is the easiest jib trick to learn. It is where you slide with your board in the same direction as the feature. Like shown in this photo.



50-50's safely give you the feeling of how to keep your base flat on the box and how the box slides.

1) If you have never hit a rail or box before, the first thing you should do is go on a green run and get the feeling of riding flat base using absolutely no edge. This will be a similar feeling to sliding your first box.
2) Next we can do a bit of target practice. Draw yourself a box in the snow, find a good point where you can drop straight towards it, line it up and 50-50 across the whole imaginary box using no edge. Ensure you your freestyle body position is aligned and stable while practicing.
3) Once this target practice is easy, it's time to find your first box and 50-50 it. Make sure it's small with low consequences and has a ride-on so it's just like you've been practicing on the snow.
4) Look towards the end (try not look down at your feet), remember to have your front hand over the tip and backhand over the tail to keep aligned.
5) After the first few you'll become accustomed to how the board slides. You can now attempt a larger box, perhaps one with a small gap (requires an Ollie) or a rail.

Frontside & Backside 50-50's"
As you start to hit bigger rails and boxes they may require an Ollie from the side. If the rail is in front of you as you approach it is a frontside 50-50. If your back is facing the rail it will be a backside 50-50.

1) Approach the rail at a slight angle (approx 20-30 degrees, because you're going to Ollie on from the side)
2) As you approach, look at the rail and where you want the board to land.
3) Do a small controlled Ollie, now straighten the board and land gently on the rail with equal weight on both feet.
4) Once you're locked onto the rail, look at the end or past the end of it.
5) Ensure your body position is aligned with your hands over tip and tail for balance.
6) If you feel the board starts to slide off, just roll with it, hike back up and try again. Don't try to hang onto the 50-50 if it's not locked.
7) Make sure you get both frontside and backside 50-50's because more advanced tricks will branch out from here.
8) Start with small rails and master them, then get excited as you easily progress to the next

level.



(Frontside 50-50, notice how the rail is in front of me as I Ollie on)



(Backside 50-50, notice how the rail is behind me as I Ollie on)



Backside 50-50
Rider: Nev Lapwood
Photographer: Greg Roebuck
Location: Whistler

50-50 shuffle:

The 50-50 shuffle technique is where you start off on the box in a 50-50 position then shuffle your body into a boardslide position using counter-rotation. This is the safest way to learn your first few boardslides because it automatically gives you the feeling of keeping a flat base on the feature from starting out in a 50-50. You can draw a box in the snow to practice counter-rotating into position. On your first attempt only slide the very end of the feature, then as you get a feel for how your board slides sideways, you can begin to shuffle into position earlier and earlier. Before you know it, you will be boardsliding the whole feature with ease.

Backside Boardslides:

Backside boardslides are when you slide the feature facing forwards. They are actually named by the rail being behind you as you Ollie on as shown in these photos below, however if you come straight on (which is the case for most boxes) it is still called a backside boardslide or more commonly just a boardslide.



Notice how before ollieing on, the rail is behind me, aka on my backside hence the name backside boardslide.

Start out by using the shuffle technique. Always have your knees bent, weight slightly forward, and arms to your sides. When you're ready to hit rails from the side, approach the rail at a slight angle. Ollie high enough to land gently on the rail turning your board 90 degrees. Try and land centered with the rail directly between your legs. Once you're locked on, keep your eyes towards or past the end of the rail. Slide smoothly off the end either regular or goofy. They require slightly different body positions depending on which way you wish to exit. Coming back out to regular requires a counter-rotated position while boardsliding where as coming out to fakie uses rotation through the whole trick. The "Boardslides video lesson" explains this situation well, experiment with both ways.

Once you're confident with boardslides you can begin to tweak out your legs into either a nose-slide or a tail-slide for extra style points. The technique for entry and position of your upper body mass is exactly the same no matter which part of the board you're sliding on.


nose slide


boardslide


tail slide

In these photos above, notice how my upper-body is in the exact same position for all 3 scenarios, balanced directly above the rail. The only difference is that I've pushed out my legs to one side and am now balancing directly over my front foot for a nose-slide and my back foot for a tail-slide. The balance beam I've constructed in these photos is perfect for getting this feeling. When snowboarding you can start off boardsliding a feature and then shuffle into a nose or tail-slide halfway through your trick to get the feeling.

Frontside Boardslides:

Frontside boardslides are when you slide the feature facing backwards. They are actually named by the rail being in front of you as you Ollie on as shown in these photos below, however if you come straight on (which is the case for most boxes) it is still called a frontside boardslide or more commonly a "front board."

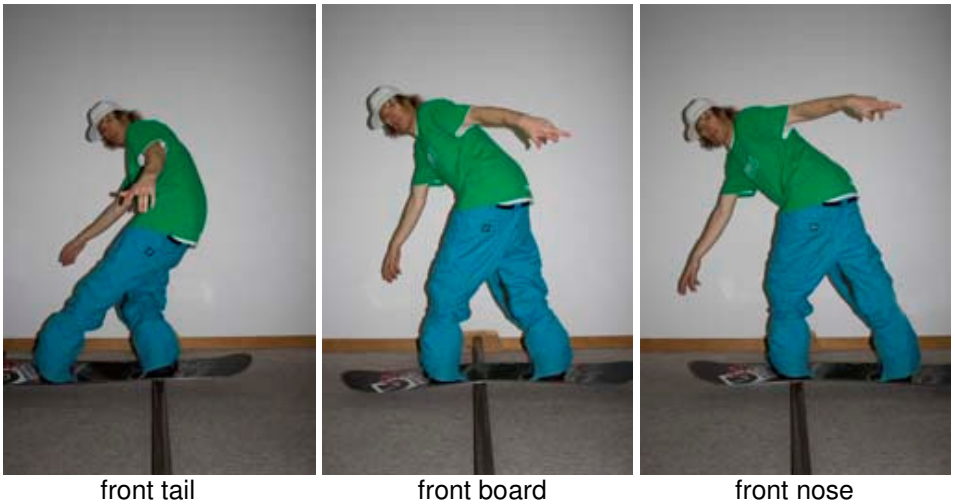




Notice how before ollieing on, the rail is in front of me, aka on my frontside hence the name frontside boardslide.

Try your first front boards using the shuffe technique, this will give you the feeling of keeping that base flat on the feature while sliding backwards.
The box should ideally be a ride-on so you don't have to think about ollieing. Once in a stable 50-50, rotate your lower body 90 degrees into the frontside boardslide position and counter-rotate your arms and shoulders in the opposite direction towards the nose of your board. This is the hardest concept to get your head around when sliding frontside. The couter-rotated position will feel very awkward at first, although it will come to feel normal with time. Look at any photo of any pro doing a front board and you'll all see them in this counter-rotated position. The key of this position is that it enables you to see the whole time while performing the front board. You can always see the feature and the landing.
As you are sliding, the most important thing is to keep the base of your board pressed completely flat against the feature. (this is a fundamental you learn first with 50-50s and normal boardslides) Most beginner boxes are on a slight down slope, so your weight needs to lean downhill at the same angle as the box. As a natural reaction, most people tend to keep their weight upright, which is only correct if the box is completely flat. A good rule of thumb is to lean a little further downhill than you think you need to.
When you're ready to front board rails from the side, approach at a slight angle. Ollie high enough to land gently on the rail counter-rotating your board 90 degrees. Once you're locked on, keep your eyes towards or past the end of the rail. Slide smoothly off the end back out to regular. Check out the "Front Board Video lesson" for a bunch of real examples.

Once you're confident with front boards you can begin to get all stylie by tweaking out your legs into either a front-nose or a front-tail. The technique for entry and position of your upper body mass is exactly the same no matter which part of the board you're sliding on.



front tail front board front nose

In these photos above, notice how my upper-body is in the exact same position for all 3 scenarios, balanced directly above the rail. The only difference is that I've pushed out my legs to one side and am now balancing directly over my front foot for a nose-slide and my back foot for a tail-slide. The balance beam I've constructed in these photos is perfect for getting this feeling. When snowboarding you can start off front boarding a feature and then shuffle into a front-nose or front-tail halfway through your trick to get the feeling. Most people tend to front board slightly on their nose like shown in the photo below.



Rider: Nev Lapwood
Photographer: Greg Roebuck, www.GregRoebuck.com
Location: Whistler

Lipslides:

A lip slide is just like a boardslide except that you ollie over the rail into the boardslide position. Lipslides are always initiated from the side of a feature.

Frontside Lipslides: (frontlip)

These 2 photos represent a Frontside Lipslide aka Frontlip, where the rail is in front of you (frontside) as you approach. Once on the rail, it looks the same as a backside boardslide.



1) Do a couple of frontside 50-50's first, it's an essential building block for the Frontlip.
2) Approach the rail at an angle as if you're about to do a frontside 50-50.
3) As you pop off the lip and your board rises above the rail (from the 50-50's you've been practicing) you can then rotate your board 90 degrees and land into the lipslide position

(it's also possible to learn lipslides using the 50-50 shuffle if you desire, pop up into 50-50 then shuffle into the lipslide position).
4) Look towards the end of the rail. Hold your freestyle body position (usually leaning slightly forward depending on the slope of the feature).
5) Slide off the end and stomp the landing.

The key to making it over the rail into the frontlip position is having frontside 50-50's on lock, this way you know you'll have your tail up high enough not to get it caught on the rail.

Backside Lipslides: (backlip)

These 2 photos represent a Backside Lipslide aka Backlip where the rail is behind you (backside) as you approach. Once on the rail, it looks the same as a front board.




You should first attempt this trick on a rail that is a little bit lower to ensure you don't get your tail caught as you Ollie over.

1) Do a couple of Backside 50-50's first, it's an essential building block for the Backlip.
2) Approach the rail at an angle as if you're about to do a Backside 50-50.
3) As you pop off the lip and your board rises above the rail (from the 50-50's you've been practicing) you can then counter-rotate your board 90 degrees and land into the lipslide position (it's also possible to learn lipslides using the 50-50 shuffle if you desire, pop up into 50-50 then shuffle into the lipslide position).
4) Look towards the end of the rail. Hold your freestyle body position (usually leaning slightly forward depending on the slope of the feature).
5) Slide off the end and stomp the landing.

The key to making it over the rail into the Backlip position is having Backside 50-50's on lock, this way you know you'll have your tail up high enough not to get it caught on the rail.

Nose Press:

To do a nose press you first need to understand how to easily flex your board. Start with the freestyle body position however transfer your center of gravity past your front knee directly down into the nose of your board. You will probably find the tail to now be hovering just off the ground. You can lift your back foot a little if it assists in holding this position. Keep the rest of the freestyle body position constant (Back up straight, head up and looking in the direction of travel, shoulders, hips, and knees aligned with the board). Practice holding the press on flat ground and while moving along on snow before attempting a rail or box.

To nose press a box, ollie right into the nose press. Look towards the end of the box and hold the press the entire way. See if you can nollie out for extra style. When pressing down rails, you'll either be doing a backside or a frontside nose press depending on which side of the rail you ollied on from.

Hint: If you're having trouble holding the press keep practicing on the snow and remember to transfer your center of gravity past your lead leg. Lift your back leg slightly if it helps to hold the press.




Tail press:

You learn the tail press the exact same way you learn the nose press except you transfer your weight behind your back leg into the tail of your board and lift your front foot up if it helps to hold this position. Practice on the snow in both stationary and moving positions first, then take it to a box or rail. Pop right into the press keeping your center of gravity behind your back leg. Hold your position until the end of the box or rail and stomp your landing.
When pressing down rails, you'll either be doing a backside or a frontside tail press depending on which side of the rail you ollied on from.




Note: Both nose and tail presses only need to be lifted 5 – 10cm (2 – 4 inches) off the feature to look cool. You don't need to mega-press dawg.

270 Boardslide:

If you're trying this trick you should be able to do 360's comfortably. Either a frontside 270 or a cab 270 (switch frontside) is much easier than backside or switch backside. As you approach the rail get ready to pop as if you were going to spin a 3. As you do a 180 in the air try to spot the point on the rail where your board will connect at 270 degrees. Hold this 270 position the whole length of the rail then complete the last 90 degrees as you come off the end, like you just did a 360. It is also possible to come off the rail in the opposite direction. To perform this you need to connect with the feature in a very counter-rotated stance.

Once you can do tricks like this you'll have a firm understanding of snowboarding and will no longer need to wonder how to do tricks. You'll see other's and understand the movements they are undertaking. At this point it becomes more important to visualize, model tricks from pro riders and get in a focused mind state when you attempt doing harder tricks, and street rails.

(there's going to be a bunch of harder jib trick videos added to the program shortly)

Physical Jib Training:

There are many factors that you must take into account to be able to perform on rails. You want your body to be in good shape and as flexible as possible. These tricks require a lot of twisting and turning. You also need to have a strong core to hold your balance on a rail.

Here are some recommended training exercises and drills that are simple and effective:

1) Do 50 to 100 squats every day. Try and do them in sets throughout the day.
2) Stretch your entire body often. The more flexible you are the easier it will be to perform any trick.
3) Jump ups: From standing, jump up and bring your knees to your chest, do this continually for a minimum of thirty seconds.
4) Situps
5) Calf raises, stand on the end of a stair with your heels hanging off the edge, go up and down for sets of at least 30 repetitions.
6) Cardio: Bike, Run, swim
7) Wall sit (sit with your back to a wall with your knees 90 degrees and hold the position for as long as you can)

Physical training and hitting the gym should be a part of your lifestyle at any age. Make a training routine that you enjoy. These are only suggestions, if you want to become better at snowboarding your body should be as fit and as flexible as possible this will allow you to perform the tricks much easier and with greater style and control. When you begin training and keeping in shape you will begin to notice tricks become much easier.

Focused Training:

"T" Drill: set up a cross on the floor, which will symbolize the rail and practice jumping into the right position using the cross as a guideline for correct posture. This drill is highly effective for learning new rail tricks. If you do this drill for 5 minutes a day, every day for 4 weeks you might find you can do any trick you want on rails. All you need is to make a cross or one long line on the ground, for instance tape a cross on the floor or use a couple of brooms and form a "T". Use your "T" as a pretend rail for getting your body in the right position. Once you have the grid on the floor imagine and visualize yourself jumping into boardslides and holding your position. Do as many tricks as you can think of, try to spin into and out of your imaginary rail.
Hint: The more realistic you make your practice doing the "T" drill the more you'll quickly see

results.



If you want to get even more serious, build an object you can balance on like the rail in these photos below. This way you can strap your board on and incorporate balance in your training.



Once you've learnt your next trick at home, take it to the snow and try it while moving, visualizing an imaginary box or rail. Get the technique solid before taking it to a real feature. And then you'll probably bust it out first pop.

Mental Training:

It doesn't take big balls to hit a huge rail it takes a strong mindset. To take out the fear of hitting rails do your focused training drills over and over until you master the technique and once you're ready to hit up some rails, take your time to visualize the trick. Snowboarding is 90% mental. Some form of mental training is used by pretty much any top athlete today. The more extreme the event, such as Olympic freestyle ski jumping or lining up a 30 stair hand rail, the more time is spent on mental rehearsal and training.

Handling Different Types of Rails:

Flat Rail
Always carry enough speed into the object to slide easily to the end. A little faster is better than a little slower and will make it easier to maintain balance. If the rail is circular, it will be a little tougher to balance on as opposed to a flat rail. As soon as you land on the rail gently hold your position all the way until the end. Concentrate on holding a “freestyle body position” and keeping your whole body aligned.

Flat-down rails
These rails are relatively easy as long as you’re balanced going into the downward transition. Keep enough speed to slide easily to the end and when the downward part of the rail comes, adjust your weight slightly to go with the new direction of the rail. Your board and body will naturally go with the rail, keep a low balanced position.

Down-flat-down
These rails should only be attempted after you’re comfortable on flat rails and flat-down rails. Approach the rail and lock onto it right away. As you’re about to pass through the first kink, un-weight your board by rising up a little. This enables you to slightly absorb the flat section. The second kink is the easy one. Once this part is done, you’ll be on your way down the last section. Stay balanced and relaxed till you ride off the end.

C-rails/boxes
As you approach the rail hop on and lean slightly in the direction of the curve, have your weight slightly to the inside of the rail. When you do this you will naturally slide with the curve of the rail. Eyeball the end and stomp your landing.

S-rails
Quite a challenging feature. It will help if you’ve done a whole bunch of c-rails and c-boxes. Approach with plenty of speed. Hop onto the rail into the first curve low and balanced. When the next curve comes transfer your weight onto the other side of the rail and try to get on the inside of the second curve. Remember to keep your weight slightly forward and on the inside of each curve. Once you’re sliding the second curve eyeball the end of the rail and try to hold it out to the end. Adjust your weight as needed, it may take a few practice tries to nail it.

Taking it to the Streets:

You should only attempt to ride street rails once you have your tricks on dialed. The falls hurt a lot more plus jibbing in the street ruins your board. Doing rails in the streets is the exact same as doing rails in the park with one exception, you choose the size and shape of rail and create your own jump. Jibbing the streets is limited only by your creativity and courage. Unless you’re getting paid to do some crazy tricks, use some caution because many careers are ended this way. Find the rail, find the snow, then make a run-in, kicker and landing. The most important aspect of hitting a street rail is to build the jump properly. Take your time and make sure it has a perfect take off. The jump does not need to be big, make a smooth transition and have the take-off line up over the edge of the first step. Doing street rails is more of a mental game. If you’re at this level of snowboarding you want to make sure you’re in a confident focused state of mind before attempting the trick. So remember the only difference between the streets and the park are the consequences of falling. Don’t try to be a hero in front of your mates. If you’re not feeling 100%, then back down until you are.

Wrap Up:

When you fuse physical training, mental training, and actual snowboarding together, your riding will explode. The best way to learn is to master one trick at a time. Always pay attention to your body position when jibbing. Know where your arms, hands, head, legs, etc are going to be during the entire slide. Watch the pros and other riders who jib well, pay attention to how their bodies are positioned and learn from them.

Have fun!
www.SnowboardAddiction.com

Questions or comments?
Please send any feedback to: info@SnowboardAddiction.com