

INSTRUCTION: Wakeboarding



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A heelside backside 180 is a stylish and consistent trick that is also a great building block trick. The backside 180 sets you up for almost any trick involving a frontside 360 or a backside 180, such as a roll to blind or tantrum to blind. In this article, I will explain how to do a heelside backside 180 with a handle pass.

Step 1: As you leave the wake, remember to stand tall and keep your chest open toward the boat. Keeping your chest open toward the boat keeps you from starting the trick early.

Step 2: Wait until you have fully released from the wake to initiate the trick. Start by taking your back hand off the handle. At the

same time, pull the handle in and around toward the middle of your back. This will start your rotation.

Step 3: Rotating a backside 180 is all about moving your board. Once you do this, as long as you keep the handle toward the small of your back, your body will rotate the 180 degrees.



Step 4: Now that you are at the peak of the jump, start to turn your shoulders a little to speed up the spin. This will be easier if your handle and board are in the right place.

Step 5: You will start to feel a lot of line tension at this point in the spin. Grabbing the board in the middle is the easiest way to keep yourself from being pulled over. Grabbing the middle shifts your weight against the pull of the boat, which keeps you on axis and over your toes for the landing.

Step 6: Here is where you start to reach for the handle – which should be easy if you have kept the handle in close to your body – and spot your landing. You will be able to make final adjustments for a clean landing, such as shifting your weight forward or backward.

Step 7: At this point, you prepare for the landing and finish passing the handle. You want to pass the handle at the last second or the line tension will pull you over.

Step 8: Land with your chest at a slight angle and looking toward the shore. This will keep you over your toes. Remember, during the entire move keep your handle in, close to your body. Have fun!



Daniel Powers, 16, competes in the Junior Pro Men's division on the Pro Tour and is a past USA Wakeboard national champion. His sponsors include Liquid Force, Jet Pilot, MasterCraft, Nike 6.0 and Performance Ski & Surf.