

Minimum Skills Checklist Skater Name:

MARKING: COMPETENT, NOT COMPETENT, DEVELOPING	HEAD COACH	BOUT SKATER	FRESH COACH	FINAL
SKATING POSTURE				
STRIDE, CROSSOVER, STICKY WHEELS				
ONE FOOT GLIDE				
LATERAL MOVEMENTS (4 STRAIGHT, 3 TURNS)				
RECOVERY (SINGLE KNEE, DOUBLE KNEE)				
STEPPING (ALL DIRECTIONS, GRAPEVINE, QUICK )				
HOPPING (6 INCHES HIGH 18 INCHES LATERAL)				
BACKWARDS SKATING				
PACELINE (ADJUSTING SPEED, WEAVING)				
PACK SKATING (UNEXPECTED OBSTACLE, ADJUST SPEED, LOOKING BEHIND SAFELY)				
POSITIONAL BLOCKING (LEANING AND PUSHING)				
TAKING HITS (REPEATED HEAVY BLOCKING WITHOUT FLAILING OR GRABBING OTHER SKATERS) *IN PACK*				
CHECKS (REPEATED HIP AND BODY CHECKS WITH LEGAL BLOCKING AND TARGET ZONES) *IN PACK* AT PACE*				
LAPS 27 IN 5MINS COMPLETE 1 LAP IN 13SECS				
ASSISTS (WHIPS, PUSHES, PULLS)				
WEAVING (10 CONES 5FT APART) 6secs WEAVE (THROUGH MOVING PACK)				
TRANSITIONS (180 BOTH DIRECTIONS MODERATE PACE WITHOUT BREAKING STRIDE) (360 WITHOUT BREAKING STRIDE, 2 180 TURNS IS ACCEPTABLE)				
STOPS (T-STOP, PLOW, TRANSITION(TOE STOP))				

