



# SKILLS CHECKLIST

<b>Falling, Recovery, Posture and Balance</b>	
	Starting in squat position, let skates slide out in front and sit down.
	Start in upright position but standing on knees and demonstrate fall and roll technique.
	Start laying down and perform recovery to upright standing position.
	Demonstrate proper skating position: knees bent, skates shoulder width, head up, shoulders facing forward, upper body leaning slightly forward.
<b>Creating Forward Movement, the Stroke and Glide</b>	
	Stroke with rear leg of extended leg stance with "T" and glide on opposite foot.
	Execute a stroke and glide with recovery.
	Execute a stroke and glide with recovery and then continue with other leg performing stroke and glide with recovery.
	Execute alternating stroke and glide with recovery and then glide with extended leg stance.
<b>Stopping</b>	
	Demonstrate a proper brake stop. Arms should be out front and the gluteus maximus low for balance.
	Demonstrate a T-Stop. Drag skate should be at a 90 degree angle to other skate.
	Demonstrate a Y-Stop. Drag skate should be at a 45 degree angle to other skate.
<b>Turns</b>	
	Demonstrate an extended stance turn to the right.
	Demonstrate an extended stance turn to the left.
	Demonstrate back to back turns in opposite directions.
	Demonstrate a right turn using the crossover technique.
	Demonstrate a left turn using the crossover technique.
<b>Backward skating</b>	
	Demonstrate the hourglass drill.
	Demonstrate the hourglass drill using one leg as the stroke and the other as the glide. Repeat with opposite leg as glide.
	Demonstrate the backward stroke and glide.
	Demonstrate the crossover turn going backwards to the right.
	Demonstrate the crossover turn going backwards to the left.
<b>Advanced</b>	
	Demonstrate a heel-toe glide in the extended stance.
	Demonstrate a toe-toe glide in the extended stance.
	Perform a two legged squat with the hips and knees at 90 degrees with skates on.
	Perform a one legged squat with the hips and knee at 90 degrees with skates on.