

## Tucson Derby Brats Skills Assessment

<b>SKATER:</b>					
<b>DATE:</b>					
<b>SCORED BY:</b>					
<b>Basic Skills (falling once results in 1pt deduction, falling twice or more results in 0 score)</b>					
1. Skates in natural and comfortable derby stance.					
2. Pushed with both feet with equal ease.					
3. Can smoothly crossover, pushing with each foot, in either direction.					
4. T stop, both feet, smooth and controlled stop in less than 2 seconds					
5. Plow stop, smooth and controlled stop in less than 2 seconds.					
6. Perform cuts in both directions (in-out, out-in).					
7. Skate 20 laps (5:00+ = 0, 4:40-4:59 = 1, 4:20-4:39 = 2, 4:19 or below = 3)					
<b>14+ to pass TOTAL</b>					
<b>Falls (slaming to the ground results in 0 score)</b>					
1. Left & right single knee fall, recover in 3 seconds.					
2. Double knee fall, recover in 4 seconds.					
3. Turning knee fall, recover in 4 seconds.					
4. Figure 4 slide, recover in 4 seconds.					
5. Fall small, recover in 3 seconds.					
<b>10+ to pass TOTAL</b>					
<b>Advance Skills (falling once results in 1pt deduction, falling twice or more results in 0 score)</b>					
1. Running toe stop start for 3 steps.					
2. Turning toe stop, recover in 2 seconds.					
3. Duck walk for 3 steps.					
4. Side to side steps without rolling.					
5. Jumping with both skates 3" off ground at the same time.					
6. Skate backwards for 1 lap.					
7. Give/take a whip.					
8. Give/take a push.					
<b>16+ to pass TOTAL</b>					
<b>Pack Skills (falling once results in 1pt deduction, falling twice or more results in 0 score)</b>					
1. Weave from back to front.					
2. Weave from front to back.					
3. Stay inside a fast pack.					
4. Safetly react to a skater falling inside a pack.					
5. Safely fall inside a pack.					
6. Cut to the inside to block a skater.					
7. Cut to the outside to block a skater.					
8. Lock wheels and continue to skate.					
9. Communication, give/receive commands to other skaters in a pack.					
<b>18+ to pass Total</b>					
<b>PASS / FAIL</b>					

0 = needs significant work, 1 = has concept, needs work, 2 = passes skill, ready for game play, 3 = excels at skill, travel team level

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