



WFTA Minimum Skills - note the proficiency level of the skater during assessment periods. Indicate the date in the box under the skater's proficiency level for each minimum skill requirement.

Proficiency Level			Skill Required
Does not perform skill	Needs improvement	Proficient	
			Basic Skating Skills
			1.1 Skating Posture
			Bends at knees and hips with shoulders back
			Demonstrates stability, with center of gravity down and up
			Demonstrates ability to skate low with bent, flexible knees.
			1.2 Stride
			Uses steady, confident, fluid strides.
			Uses both feet to push forward on straightaways.
			Shifts weight completely from foot to foot without stumbling
			1.3 Crossovers
			Performs smooth crossovers while skating straightaways and track turns
			Uses both feet to push during crossovers
			Performs reverse crossovers, crossing over the right foot to the outside of the
			1.4 Speed and Endurance
			Skates at least 27 laps around regulation track within five minutes
			Accelerates from a standstill to complete one lap within 13 seconds
			1.5 Stops
			<u>T-Stop</u> - Balancing weight on one leg, other foot is turned at a 90° angle so the heel or arch of the turned foot is aligned with the heel of the other foot
			<u>T-Stop</u> - Maintaining balance on one leg, applies smooth pressure with the turned foot using the two outside wheels, the two front wheels or all four wheels (does not use only the two inside wheels).



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			<u>Plow Stop</u> - Turns one or both feet so toes are pointing in and heels are pointing out.
			<u>Plow Stop</u> - Upon completion of stop, feet are in a position that would allow resumed skating (feet are not spread so wide apart skater must adjust stance before resuming skating).
			1.6 Other Skating Skills
			Performs one-foot glides with each foot for the length of the track turn and straightaway with good balance. <ul style="list-style-type: none"> ○ In low stance with one foot completely off the floor, able to balance weight over the other foot for at least five seconds. ○ Maintains speed sufficient to complete glide and does not flail limbs.
			Propels self while keeping all eight wheels on the floor.
			Moves easily and fluidly from one side of the track to the other. <ul style="list-style-type: none"> ○ Performs smooth, quick lateral cuts, crossing the track at least four times on each straightaway and at least three times on each track turn.
			Backwards skating within track boundaries. <ul style="list-style-type: none"> ○ Maintains moderate pace skating backward around the entire track



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			Recovery Tactics
			Skater must perform the following falls safely, correctly and naturally. Skaters must be able to slide into knee contact with the floor, rather than crashing onto pads. Slides should be performed from a brisk pace without using hands or flailing arms. Recovery to a normal skating pace should be smooth and immediate, unless noted otherwise
			2.1 Knee Taps
			Left
			Right
			Performs each knee tap without coming to a complete stop.
			Taps a single knee without breaking normal skating stride
			Recovers from knee tap without using hands to get up.
			Performs two consecutive single knee taps in stride, with low recovery
			2.2 Double Knee Slides
			Knees do not make contact with ground at exact same time
			Returns to active skating within three seconds
			Recovers without using hands to get up
			Momentum used to initiate the slide is continued into the recovery to normal skating motion
			Balance and Agility
			Skater must demonstrate the ability to perform the following tasks without losing balance, stumbling or falling.
			3.1 Standing and Stepping from a Standstill, Maintaining Control of Wheels (not rolling)
			Forward and backward
			Side to side in both directions
			Grapevine (first foot side steps, second foot steps across and in front of first foot, first foot side steps, second foot steps behind and crosses first foot) to both the right and left.
			Shuffle (first foot side steps, second foot steps to meet first foot without crossing first foot, first foot immediately side steps in a hopping motion) to both the right and left.



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			Quick steps (both feet rapidly alternate in small steps, only one foot is on the ground at a time) in place and to the right and left.
			Ability to balance on each foot from a stationary position at least 30 seconds
			3.2 Hopping
			Hops over an object at least six inches (15 centimeters) in height without touching the object or losing balance, while skating at a moderate pace
			Jumps with both feet simultaneously, but does not have to land with both feet simultaneously.
			Hops laterally at least 18 inches (45.5 centimeters) from a brisk forward speed.
			3.3 Focus
			Comfortably looks left, right, and behind quickly and unexpectedly while maintaining regular skating stride at a moderate pace
			3.4 Weaving
			Maneuvers through 10 cones, each no more than five feet (1.5 meters) apart (not to exceed 50 feet or 15 meters), placed through the straightaways and track turns, in less than six seconds.
			Weaves comfortably and briskly through a moderately moving pack of skaters without focusing on their own feet.
			3.5 Transitions
			Turns 180° without breaking stride, maintaining a moderate pace. <ul style="list-style-type: none"> ○ Turns clockwise and counterclockwise from front to back. ○ Turns clockwise and counterclockwise from back to front
			Turns 360° without breaking stride, from a moderate pace. Using two 180° turns in a row, without breaking stride, is acceptable.



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			Pack Skills and Interactions
			Skaters must demonstrate the ability to perform the following skills legally, safely, and without losing balance, stumbling, or falling, while skating at a moderate pace.
			4.1 Whips
			ORD does not use whips in our skating style. We have opted to delay this requirement until skater is approved for scrimmaging.
			4.2 Pushes
			<p>Giving pushes</p> <ul style="list-style-type: none"> ○ Pushes receiving skater near receiver's center of gravity (hips or buttocks) with ample force to provide noticeable change in receiving skater's direction of momentum. ○ Pushes are centered and even (does not turn receiving skater's hips). ○ Pushes are parallel to the floor (does not push up, causing the receiver to be pushed off their feet, or down, causing the receiver to be pushed to the floor). ○ Maintains form and balance before, during and after pushing receiving skater.
			<p>Receiving pushes</p> <ul style="list-style-type: none"> ○ Uses momentum provided from a forward push to accelerate and begins skating within two seconds of push. ○ Maintains form and balance while receiving push forward, to left and/or right.



The following skills are required before the skater will be allowed to participate in a scrimmage, but will not be required prior to graduating from Mistfit to Misfit+ and practice drills with the team.

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			Blocking
			5.1 Taking Hits
			Responds safely to repeated heavy blocks without flailing or grabbing other skaters. If the hit knocks the skater off balance, they fall safely, without sprawling, and demonstrate an ability to recover within two to four seconds.
			Demonstrates the above in a pack situation, without causing an unnecessary hazard for pack skaters
			5.2 Positional Blocking and Leaning (aka frontal blocking or stall blocking)
			Performs contact with good posture and without loss of balance.
			Demonstrates ability to lean and push on an opponent with legal blocking zones to legal target zones while moving at moderate pack speed.
			Demonstrate ability to plow stop in a pack without tripping other skaters in the pack.
			Demonstrate ability to use a plow stop to slow another skater. <ul style="list-style-type: none"> o Must be no more than two feet (0.5 meters) in front of other skater. o Other skater must have demonstrated decrease in pace due to blocking skater's positioning and/or contact
			5.3 Checks
			Demonstrates the ability to perform repetitive hip and body checks delivered with legal blocking zones to legal target zones with moderate to heavy force while skating at a brisk pace.
			27/5
			Complete 27 laps in 5 minutes



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			4.3 Pacing
			Adjusts to the variable speeds (decrease/increase) of a pace line while maintaining an arms- length distance from other skaters without falling, tripping, overtaking or running into another skater.
			4.4 Weaving Around Moving Obstacles
			Demonstrates weaving through a single-file line of skaters, each an arm's length apart, at a moderate pace.
			4.5 Unexpected Obstacles
			Testing all skaters in a pack of 4-10 moving at a moderate pace. All skaters demonstrate the ability to perform safe knee taps and slides at unexpected times in the pack. Pack skaters must avoid the downed skater(s) without going out of bounds, falling over them or causing unnecessary hazard.
			Demonstrates the ability to recover balance after bumping skates or locking wheels with another skater.

Skater Minimum Requirements passed to practice drills with team

Date _____

Coach Sign Off _____