

JRDA Level 3 Physical Skills Assessments

Player Name: _____ Number: _____

In order to pass this assessment, the player must demonstrate the ability to perform the following:

- ☐ Successful completion of the JRDA Skill Level 2 Assessment.

Skating Posture and Technique

- ☐ Transitions: Turns without breaking stride, maintaining a moderate pace.
 - ☐ 180° Clockwise, forward to backwards
 - ☐ 180° Clockwise, backwards to forward
 - ☐ 360° (either direction)
 - ☐ 180° Counterclockwise, forward to backward
 - ☐ 180° Counterclockwise, backwards to forward
- ☐ Can skate at a brisk pace with steady, fluid strides in the derby direction for 4 minutes
- ☐ Backwards Skating: Maintains moderate pace skating backward around the entire track.
- ☐ Backwards Crossovers: Performs reverse crossovers, crossing over the right foot to the outside of the track.
- ☐ Slaloms: Moves easily and fluidly from one side of the skating lane to the other.
 - ☐ 4 slaloms per straightaway
 - ☐ 3 slaloms per turn
- ☐ Turn-around Toe Stops: Able to turn 180° forwards to backwards and stop using toe stops while moving backwards. Players must come to a complete stop from a brisk pace quickly, using proper form and without loss of balance.

Obstacles

- ☐ Test all players in a pack of 4-10 moving at a moderate pace. All players demonstrate the ability to perform safe knee taps and slides at unexpected times in the pack. Upright players must avoid downed players without going out of bounds, falling over them, or causing unnecessary hazard.

Blocks

- ☐ Positional Blocks: Proper posture with no loss of balance or focus.
- ☐ Contact: Giving hits to legal target zones using legal blocking zones with moderate to heavy force.
- ☐ Contact: Receiving (Repeated & Heavy). Maintains/recovers stability. Falls small. No flailing.
- ☐ Accepts and absorbs/recovers from wheel checks.
- ☐ Does not cause hazard to others.

Rules

- ☐ 80% or better score on the JRDA Skill Level 3 Rules Test (16 out of 20 correct)

Coach Signature _____ Date Complete: ____ / ____ /20 ____