

JRDA Level 2 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 1 Assessment

Skating Posture and Technique

- ☐ Crossovers: Performs smooth crossovers while skating. Uses both feet to push during crossovers.
- ☐ Moving One-Foot Balance: Performs one-foot glides with each foot for the length of the straightaway and one turn with good balance. Maintains sufficient speed to complete glide. Does not flail limbs.
- ☐ Stationary One-Foot Balance: Able to stand on one skate for 30 seconds without leaning, weaving, or falling - on each foot.
- ☐ Slalom: Move easily and fluidly from one side of the skating lane to the other
 - ☐ 2 slaloms per straightaway
 - ☐ 1.5 slalom per turn
- ☐ Attention and Focus: Looks left, right, and behind quickly and unexpectedly while maintaining regular skating stride at a moderate pace.
- ☐ Quick Steps in Place: Both feet rapidly alternate in small steps, only one foot is on the ground at a time.
- ☐ Grapevines: First foot side steps, second foot steps across and in front, first foot side steps, second footsteps and crosses behind - both to the left and to the right.
- ☐ Shuffle: First foot side steps, second foot meets first foot without crossing first foot, first foot immediately side steps in a hopping motion - both to the left and to the right.
- ☐ Can skate at a brisk pace with steady, fluid strides in the derby direction for 2 minutes

Assists & Pushes

- ☐ Taking: Takes assists from another player's arm, body or clothing without pulling the other player off balance.
- ☐ Giving: Consistently has stability to provide arm, hip, and clothing assists without getting pulled off balance.
- ☐ Giving Pushes: Pushes near the receiver's center of gravity. Provides noticeable change in receiving player's momentum. Centered and even (does not turn the receiving player's hips.) Parallel to the floor (does not cause the receiver to be pushed off feet or to the floor). Maintains form and balance throughout.
- ☐ Receiving Pushes: Uses momentum provided to accelerate. Begins skating within two seconds of push. Maintains form and balance while receiving push forward, to left and/or right.

Pack Skills and Interactions

- ☐ Pacing: Adjusts to the variable speeds (decrease/increase) of a pace line while maintaining an arms-length distance from other players without falling, tripping, overtaking or running into anyone.

Leaning Contact

- ☐ Side-to-Side: Skates leaning shoulder to shoulder with another player while maintaining an upright position and propulsion without tripping, falling, or becoming unsteady.
- ☐ Front-to-Back: Contact must be legal blocking zone to legal target zone while moving at moderate pack speed. Use a plow stop to slow another player in a pack without tripping other players. Affected player must have demonstrated a decrease in pace due to the blocking player's positioning and/or contact.

Hopping

- ☐ Player's feet should leave the ground simultaneously.
- ☐ 6-inch vertical: Hops over an object at least 6 inches in height without touching the object or losing balance
- ☐ 18-inch lateral (sideways) hop while moving forward.

Weaving

- ☐ Cones: Maneuvers through 10 cones spaced 5 feet apart or less (less than 50 feet total distance from the first cone to the last), placed through both straightaways and track turns, in less than 6 seconds.
- ☐ Pack: Weaves comfortably and briskly through a moderately moving pack of skaters.
- ☐ Paceline: Weaves through a single-file line of moving skaters who are each an arm's length apart.

Rules

- ☐ 80% or better score on the JRDA Skill Level 2 Rules Test (16 out of 20 correct)

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