



# GMDD Basic Skills

Below is a description of all the skills skaters need to master to pass GMDD's Basic Skills Assessment. Feel free to ask a veteran dame for a demo or feedback!

## 1. Posture

- Stand up, then squat into a sitting position. Your natural skating stance is somewhere in between.
- Knees are bent, over toes
- Hips over heels
- Eyes level. If you look down you'll tip forward.

## 2. Stride

- Keep knees bent, gives you a more powerful push
- Push out to the side, through your heels
- Weight should transfer side to side, center your crotch over each skate

## 3. Stepping

- Don't look down
- Try not to roll
- It's okay to "duck walk" forwards and backwards

## 4. One-foot glides

- Practice balancing on one foot while standing still
- Shift your core and crotch over your standing/skating foot.
- Doesn't matter where your other foot is positioned, whatever helps you balance.
- You can "drive" your skate by putting weight on the inside or outside wheels

## 5. Falls

- a. Single knee
- b. Double knee (try to let one knee hit before the other)
- c. Single knee 180 turn (maintain control!)
- d. 4-point fall
- e. Baseball slide

- It's very important to learn how to fall safely, for your sake and those around you! Work to establish muscle memory when falling and recovering.
- Fall small (don't sprawl across the track with body parts)
- Fall softly (try to fall with as little impact as possible, no matter how good your pads are)
- Recover quickly (within 2-3 seconds)
- Getting up without using your hands
- Try to fall forward if possible (that's where your padding is)
- Don't sit on your skates (it hurts!)
- For knee falls, bend and lead with your knees, pushing your hips forward to lessen impact on knees

## 6. Stops

- T-stop** (touch all four wheels to the floor, lightly at first and then with more pressure. Place stopping foot behind you or slightly to the side. Don't put weight only on your inside wheels or you could roll an ankle)
- Plow stop** (like making a wedge in skiing, point toes inward slightly. Get wide, drop your behind, bend the knees. It should make a ridiculous noise! You should be pushing out with your skates perpendicular to your direction of travel.)

## 7. Eight on the Floor

- Propelling yourself forward without lifting your skates
- Knees should be bent
- Point toes out, use insides of your legs to push feet away from each other and back together

## 8. Squatting

- Like sitting in a chair, 90 degree angle
- Keep chest up
- Nose, knees, toes in line
- Don't lean on your thighs with your arms, put them in front of you or clasp behind
- Squat while both propelling yourself forward and coasting.

## 9. Crossovers

- Crossovers increase speed and efficiency.
- Start by practicing skating corners, opening shoulders to the inside of the track. Weight should be centered over inside leg.
- Speed is your friend.

- To execute crossover: push with your outside leg, shift weight inside. Pick up outside leg and cross over the inside leg. Shift weight to that leg. Push under your body using inside leg.
- Crossovers have two pushes, one with each foot
- Stay low
- To get used to the motion, practice skating on one foot and “scissoring,” keeping 8 on the floor while crossing one foot over the other.

## **10. Lateral motion**

- Cut back and forth across the track three times on a straightaway, twice on corners
- Push with skate and point skates in direction you want to go
- Shift weight from skate to skate
- Good lateral motion is the difference between catching a jammer or letting her fly by.

## **11. Weaving**

- Similar in execution to lateral motion, but with more forward movement
- Don't let arms flail
- Must weave 10 cones spaced 6 feet apart, on corners and straightaways

## **12. Hopping**

### **a. Over an object 3 inches high**

### **b. Foot to foot**

- Keep knees bent
- Weight forward
- Let knees do shock absorption
- Don't flail arms
- Stagger feet on the landing if necessary

## **13. Focus**

- Practice looking around you as you skate
- You should be able to tell who is behind you, and how many fingers they are holding up.

## **14. Speed/Endurance**

- 25 laps in 5 minutes
- If you don't pass this in tryouts but pass everything else, you have the opportunity to take the test again in your advanced assessment.