



## **Group B Tryout Skills**

### **Individual Skills**

- Forward stroking
- Forward and backward swizzles
- Forward and backward pumps
- Forward and backwards chasses
- Forward and backward slaloms
- Forward and backward crossovers
- Forward and backward outside and inside edges
- One-foot glide moving on a straight line and on a circle on the right and left foot
- Forward outside 3-turns on the right and left foot
- Forward inside Mohawks on the right and left foot
- T-Stops with the right and left foot
- Bunny hops leading with the right and left foot
- Forward lunges leading with the right foot and left foot
- Forward spirals on straight line standing on the right foot and left foot
- Side toe hops in both directions

### **Team Skills**

- Circle Formation- Forward and backward crossovers and pumps in both directions
- Wheel Formation – Forward and backward crossovers and pumps in both directions
- Line & Block Formation- Forward stroking, chasses and individual skills
- Intersection – Forward stroking and 1- foot glides