



## **Group C Tryout Skills**

### **Individual Skills**

- Forward stroking
- Forward and backward power pulls
- Forward and backward cross strokes
- Forward and backward power stroking
- Forward and backward crossovers in both directions
- Bunny hops leading with the right foot and left foot
- Forward lunges leading with the right foot and left foot
- Backwards lunges with the right foot and left foot extended behind
- Forward outside and inside mohawks
- Forward outside and inside 3-turns
- Backward power 3-turns in both directions
- Twizzles
  - Forward inside with 1.5 revolutions on the right foot and left foot
  - Backwards outside single on the right foot and left foot

### **Field Moves**

- Forward spirals on an outside and inside edge
- Outside spiral to forward lunge on both feet
- Outside spread eagle leading with the right and left foot
- 135/170 degree spirals on a back outside edge on the right and left foot
- Forward biellmann on an outside edge on the right and left foot

### **Freestyle Elements**

- Loop jump
- Toe loop
- Flip jump
- Axel
- Split jump
- Forward upright spin
- Sit spin
- Back scratch spin
- Back outside shoot the duck on both feet

### **Team Skills**

- Crossovers, pumps, and chasses, in a wheel formation
- Individual skills in a no-hold formation
- Pivot block steps in lines of 4-6 skaters
- Connected spirals on an outside and inside edge
- Travel circle and wheel
- Intersection turns on two feet in both directions