

MASTERING THE BANKED TRACK

A Guide to South Side Roller Derby Skills Assessment

South Side Roller Derby Skills Assessment Overview

The **South Side Roller Derby Skills Assessment** is an essential evaluation for skaters, particularly for those transitioning from flat track to banked track roller derby. Since our banked track is only accessible on game days, mastering footwork, speed, and endurance is crucial for a secure and enjoyable experience.

Purpose of the Assessment

This assessment does not focus on game strategy or rule knowledge. Instead, it evaluates whether you possess the fundamental skills necessary to learn and enjoy the game at an advanced level. We crafted this program to prepare our skaters for the unique challenges of banked track skating.

Who Should Take the Assessment?

The assessment is highly recommended for any flat track league considering participation in a banked track game or tournament. While each league is responsible for its own evaluations, our model is an excellent way to ensure your skaters achieve the same level of footwork, speed, and endurance as South Side Roller Derby skaters.

- **Level 3:** Passing at this level prepares you for an intermediate level of play.
- **Level 4 (Black):** Passing at this level prepares you for advanced banked track roller derby.

Preparation Tips

Important: Before your assessment, it is vital to watch the instructional video on how to perform the drills correctly. Incorrect execution of certain moves can negatively impact your scores.

See reference link at the button of the page.

- **Plow Stops:** Must be performed with both feet and brought to a complete stop.
- **Sticky Feet:** Performed as a shuffle with no rolling.

Watching the video ensures you understand the proper form for all cone drills and jumps, as well as what is considered a passing repetition.

Levels & Drills

Level 3 (Pink) - Intermediate

If all your teammates pass this level, your team is considered intermediate, on par with your home team skaters.

- **Cone Touches:**
 - 16 sticky feet
 - 16 grapevines
 - 20 plow stops
- **Skater Pushes:**
 - 16 forward
 - 16 backward
- **Turnaround Toe Stops:** 20 cone touches
- **Laps:** 5 laps with a maximum of 2 falls in 60 seconds

Level 3 Jumps Test

- 20 squat jumps
- 6 180s (180-degree jumps)
- 6 mohawks (with a 1-second landing hold)
- 6 waltz jumps (with a 1-second landing hold)
- 6 bunny hops on each leg
- 6 mapes – toe stop runs

Level 4 (Black) - Advanced/National Level

If all your teammates pass this level, your team is considered advanced, usually equating to national level travel team members.

- **Cone Touches:**
 - 21 sticky feet
 - 21 grapevines
 - 25 plow stops
- **Skater Pushes:**
 - 21 forward
 - 21 backward
- **Turnaround Toe Stops:** 25 cone touches
- **Laps:**
 - 5 laps with a maximum of 2 falls in 45 seconds
 - 5 laps skating backward in 60 seconds

Level 4 Jumps Test

- 50 squat jumps
- 20 180s
- 6 mohawks (with a 6-second landing hold)
- 6 waltz jumps (with a 6-second landing hold)
- 25 bunny hops on each leg
- 6 mapes – toe stop runs

Final Thoughts

This skills assessment is specifically designed to prepare you for the demands of banked track skating. Following the instructions is imperative for your safety and success. For example, executing a two-foot plow stop is vital because a single-foot plow can be ineffective on a banked track. Likewise, performing the sticky feet drill without rolling is crucial for developing the speed control needed to navigate the track's incline.

If you deviate from these techniques, you risk being unprepared for the transition, which can make skating on a banked track unsafe. Remember,

watching the video for each drill is the best way to ensure you have the proper form and are truly prepared for the next level.

Once you've passed the skills assessment at Level 3 or above, find some verticals in your community at skate parks and practice your derby footwork skills. The more vertical practice you get, the more enjoyable the game day transition to the banked track will be for you and your team!

The ultimate Rollerskating foot work skills assessment