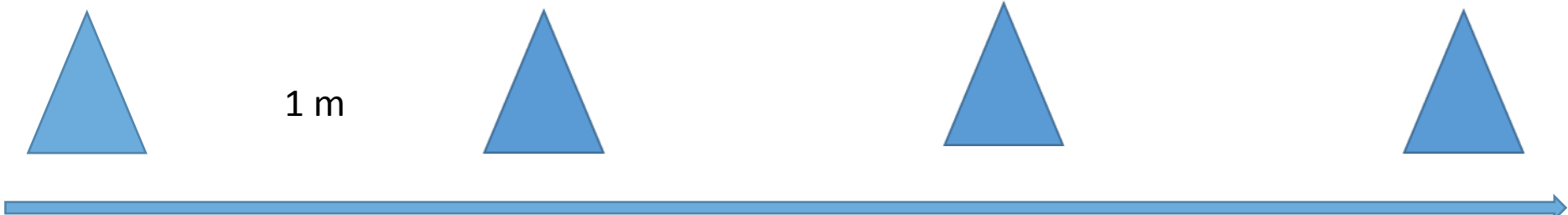


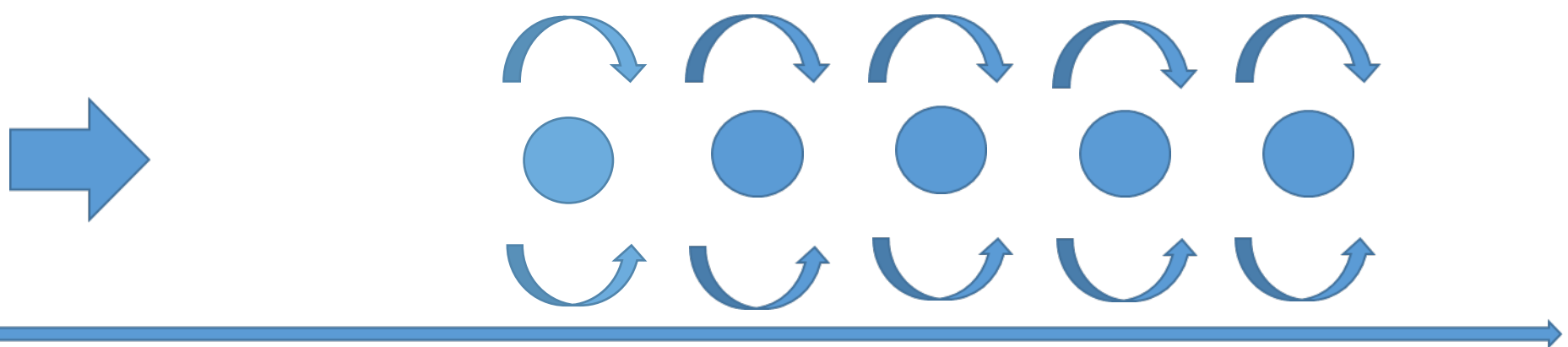
## Metrics and measurement for each objective test.

Objectives:

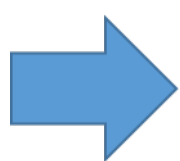
- A – Forward Slide
- B – Chain Slide (f,b)
- C – Bend Slide
- D – Skate on one foot
- E – Cross Step
- F – Snowplough
- G – Duckwalk
- H – Change Direction (f,b)
- I – Equilibrium



Objective: **A - Forward slide**  
 Measurement Starting with natural side foot, the kid skates from cone to cone, changing on each one the push foot.  
 Metrics: Time to make the entire circuit (4 meters)



Objective: **B – Chain Slide (forward and behind)**  
 Measurement After a 3 meter run-up, the kid skates in chain slide with the cone between the legs making the correct movement on every cone  
 Metrics: Time to make the entire circuit (10 meters)



Objective: **C - Bend Slide**

Measurement After a run-up of 10 meter the kid, at the cone, starts with bend slide.

Metrics: How far kid goes (m)

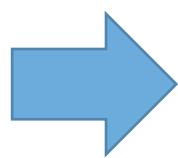
1



1,5 m



2

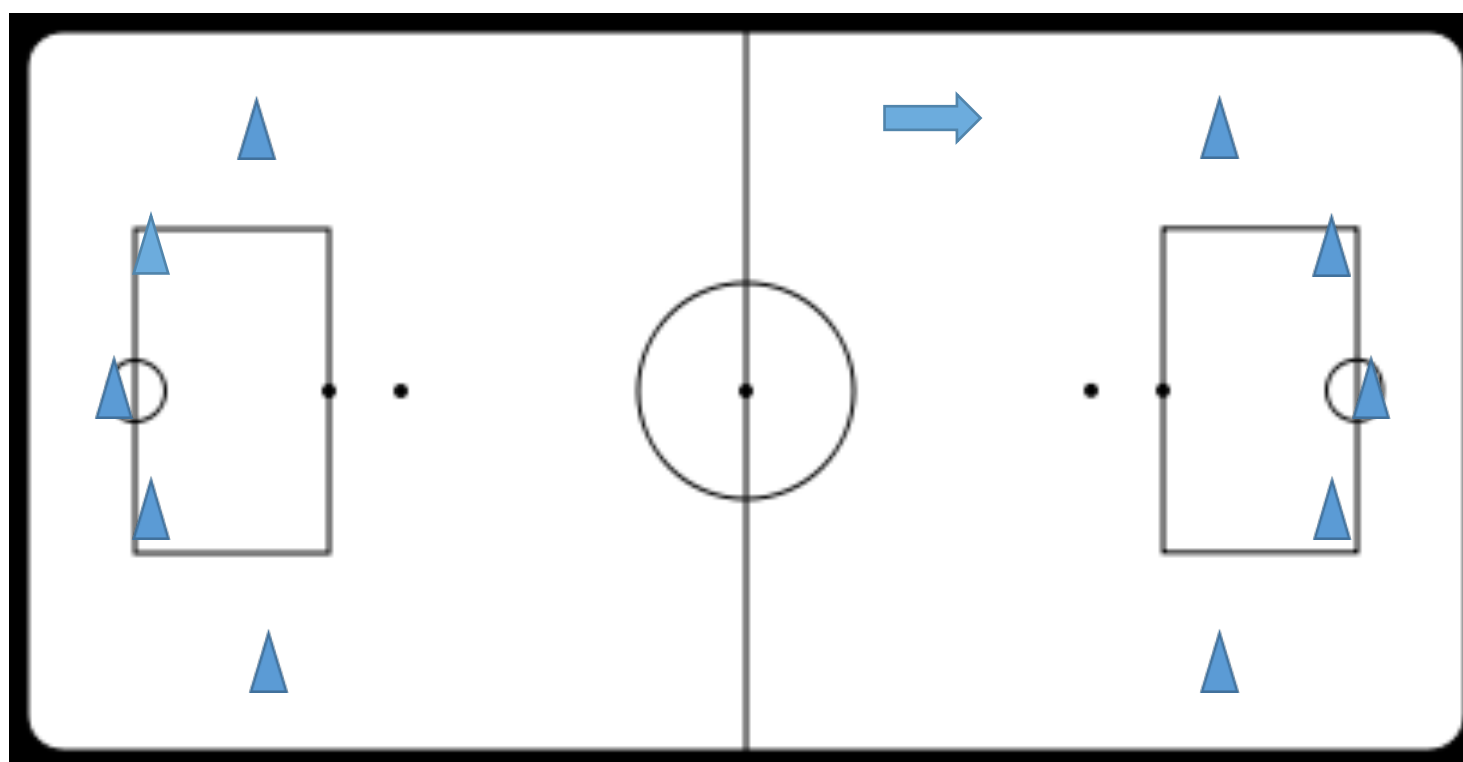


Objective: **D – Skate on one foot**

Measurement 1 – The kid skates from cone to cone with the push of only one foot.

2 – After a 5 meter run-up the kid skates on only one foot.

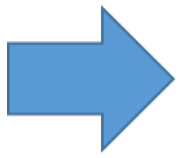
Metrics: 1 Time to do a 15m circuit; 2 Distance reached (m)



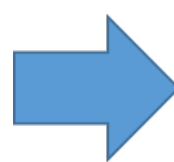
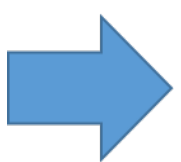
Objective: **E – Cross step**

Measurement Start skating and make a cross push at each cone (1 time).

Metrics: Time

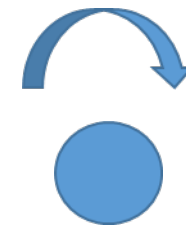
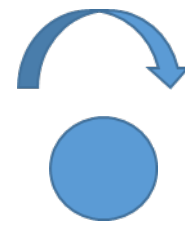
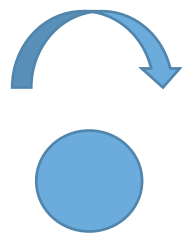
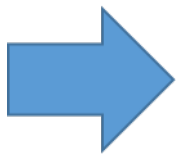


Objective: **F – Snowplough**  
 Measurement Brake is starting at the cone (run up of 10 meters)  
 Metrics: Distance

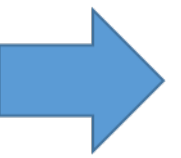


Objective: **G – Duckwalk**  
 Measurement The position will be taken at the cone. One side for test.  
 Metrics: Distance

1

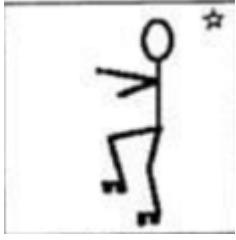


2



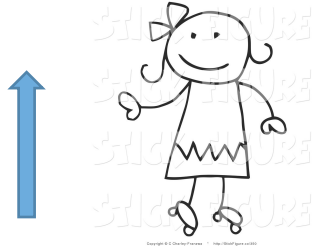
Objective: **H – Change direction**  
 (1 with duckwalk: exercises 32;34 – 2 with 180° jump: exercises 35;37)  
 Measurement The position will be taken at the cone. One side for test.  
 Metrics: 1 Time  
 2 Distance with one push

1



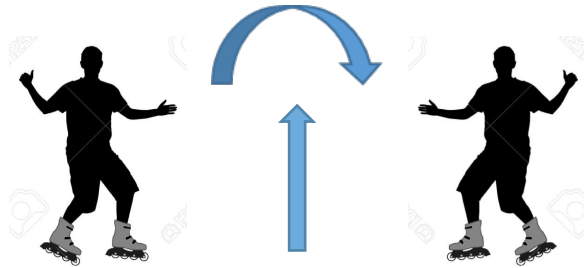
Measurement The kid stay on one skate with closed eyes  
Metrics: Time

2



Measurement The kid stay on two skates  
Metrics: Must been done 5 jump without fall down

3



Measurement The kid stay on two skates and jump turning around 180°  
Metrics: Must been done 5 jump without fall down

Objective: **I – Equilibrium**