

## Powerskate Level Skills List

### Power Level 1:

- Forward crossovers
- 2-foot jump forward to backward & backward to forward
- 2-foot turns CW & CCW, straight line
- Forward outside & inside edges
- Backward stop, both feet
- Forward and backward 2-foot slalom

### Power Level 2:

- Fast forward V-start and T-start
- Drop drill
- Backward inside edges
- Hockey stop both directions
- 2-foot turns CW & CCW, on a curve
- 360-degree glide turn both ways
- 180-degree glide turns

### Power Level 3:

- Knee spin
- 1-foot turns on a curve
- Backward outside edges
- 2-foot jump forward to backward & backward to forward on a curve
- Forward crossovers with quick change of direction
- Backward 360 degree glide turn both ways
- Backward 180-degree turns

### Power Level 4:

- Forward 1-foot side stop both directions
- 2-foot step turns (mohawks), left & right
- Backward crossovers
- Forward agility drill
- Pivots CW & CCW

### Power Level 5:

- Backwards crossovers with quick change of direction
- 1-foot jump, forwards-backwards on a curve, both feet
- Forward lateral movement
- Forward 1-foot slalom, both feet
- Backward 1-foot slalom, both feet
- Forward 1-foot stop & start
- Backward agility drill