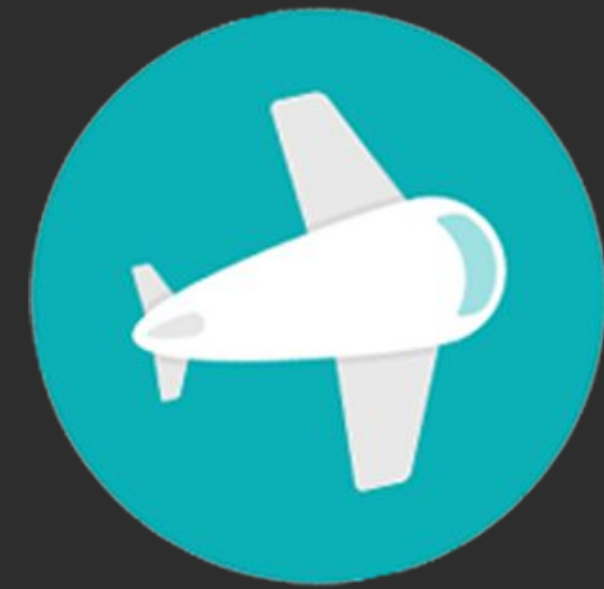




ROLLERSKOOL

SKILL MAP



HARIMAU

- Jatuh Harimau
- Jalan Bebek
- Rem Bebek
- Belok Bebek
- Berganti Arah
- Zig Zag
- Gorilla Walk
- Meluncur

MENARA

- Froggy Walk
- Rem Menara
- Belok Menara
- Rem S
- Mundur
- Skuter
- Rem Skuter
- Mangkuk
- Swizzle

PESAWAT

- Skuter Mundur
- Mangkuk Mundur
- Swizzle Mundur
- Angkat Kaki Ke Depan
- Kangguru
- Pesawat
- Langkah 2 + Tangan
- Toe Roll
- Tumbler
- Belok Skuter

GUNTING

- Swizzor
- Snake
- Scooter Slalom
- Belok Parallel
- Mohawk
- Mohawk Mundur
- Heel Toe
- Rem T
- Small Car
- Spin Stop
- Angkat Kaki Ke Samping

TEKUK

- Belok Lunge
- Berhenti Lunge
- Silang 1 Langkah Berdiri
- Silang 3 Langkah Berdiri
- Fish
- Silang kaki lemah
- Recovery 1
- Powerslide Mundur
- Belok Parallel + Silang
- Naik Turun Tangga





ROLLERSKOOL

SKILL MAP

Prestasi



SPEED, SKATE CROSS & HOCKEY

BRONZE

- Beruang
- Dead Shot
- Passing
- Game (1 on 1/2 on 2)
- Langkah 2 + Pengembalian 2 + Tangan
- Start Individu
- Rem Skuter Bergantian
- Snake + Toe Roll
- Mass Start
- Lompat 180 derajat
- Parallel + Start

SILVER

- Roll Shot
- Dribbling
- Positioning
- Penalty
- Belok Skuter + Silang
- Swizzle Lutut Luar
- Belok Parallel + Silang + Tangan
- Belok Skuter + Silang + Tangan
- Langkah 3
- 1 Foot Slalom
- Eagle
- Edge Stop
- Silang Angka 8 + Berdiri
- Combo (Gunting + Skate Cross)

GOLD

- Game (3 on 3/4 on 4)
- Marking
- Goal Keeper
- Langkah 3 + Pengembalian + Tangan
- Langkah 3 + Pengembalian + Tangan + Mendarat Sisi Luar
- Silang Angka 8 dengan duduk
- Powerslide Maju
- High Jump
- Combo (Tekuk + Skate Cross)



ROLLERSKOOL

SKILL MAP

Prestasi

HOCKEY

- Beruang
- Roll Shot
- Dead Shot
- Dribbling
- Passing
- Marking
- Positioning
- Goal Tending
- Game (1on1, 2on2, 3on3, 4on4)
- Penalty

ROLLERSKOOL

SKILL MAP

Prestasi

SPEED

- Langkah 2 + Pengembalian 2 + Tangan
- Start Individu
- Snake + Toe Roll
- Rem Skuter Bergantian
- Swizzle Lutut Luar
- Belok Skuter + Silang
- Belok Paralel + Silang + Tangan
- Belok Skuter + Silang + Tangan
- Langkah 3
- Langkah 3 + Pengembalian + Tangan
- Langkah 3 + Pengembalian + Tangan +
Mendarat Sisi Luar
- Silang Angka 8 + Duduk

ROLLERSKOOL

SKILL MAP

Prestasi

SKATE CROSS

- Snake + Toe Roll
- Mass Start
- Lompat 180 Derajat
- Paralel Start
- 1 Foot Slalom
- Edge Stop
- Combo (GUNTING + SKATE CROSS)
- Powerslide Maju
- High Jump
- Combo (Tekuk + Skate Cross)

ROLLERSKOOL

SERTIFIKAT

Prestasi

INDIVIDU (SPEED)

- Flow
- Endurance
- Core
- Skate Skills

INDIVIDU (SKATE CROSS)

- Agility
- Endurance
- Skate Skills
- Power

TEAM PLAY (HOCKEY)

- Ball skills
- OFFENCE
- DEFFENCE
- Team Work