SK8STRONG

"The Skater Evaluation"

DVD Companion Manual

A comprehensive assessment and evaluation tool for coaches, parents and skaters to determine a skater's muscle weaknesses and flexibility imbalances. Learn corrective exercises to address these weaknesses, to improve a skater's ability to complete jumps, spins, footwork with the correct technique.

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How to Improve Your Jumps, Spins, and Other Skating Moves

Psoas flexibility is necessary for:

- Proper free leg hip extension for lutz, flip, salchow, toe, and axel.
- Proper free leg position in layback and camel spins
- Extension of free leg in landings and stroking
- Achieving a biellman position or haircutter spin
- A proper spiral

Hamstring flexibility is necessary for:

- Proper free leg position in a camel spin and spiral
- The “Y” spin and biellman spin
- General skating mobility

Hip external rotation mobility is necessary for:

- A pancake spin
- Reaching the free leg back at a proper angle for jump takeoffs
- An appealing free leg in a layback spin
- Spread eagles and ina bauers

Shoulder external rotation mobility is necessary to:

- Reduce stress on the shoulder during ANY blade grabbing move

Shoulder flexion mobility is necessary for:

- Freedom of movement of the arms for good choreography and creating an appealing line with arm movement

Quadriceps flexibility is necessary to:

- Prevent knee problems
- Complete a haircutter or biellman spin

Gluteus medius strength is necessary for:

- Control lower extremity alignment for proper technique of EVERY jump landing and takeoff
- Maintain proper alignment during stroking, footwork, and turns.
- Stabilizing the hip and controlling balance in spins
- EVERYTHING AND EVERYONE!

Psoas strength is necessary for:

- Creating power in the hip for jump height
- Lifting the free leg in an axel and salchow
- Maintaining hip stability in spins
- Any kick or thrust of the free leg (flying camel, etc..)

Lower trapezius strength is necessary for:

- Maintaining proper posture
- Ability to hold the arms at shoulder level for stroking and crossovers

Core strength is necessary for:

- Checking out of a jump properly
- Maintaining proper body alignment for jump takeoffs
- Centering spins
- Body control in every aspect of skating

Evaluation Tests

CORE STRENGTH

Toe Taps: (Assesses abdominal and core strength). Lie on your back with the knees bent and feet on the floor. Lift your knees until they are directly over your hips. The back should be pressed flat against the floor. Slowly lower the toes of one foot to touch the ground, then return to the start position. Repeat on the opposite side. Complete at least 5 on each side. A skater with significant abdominal weakness will arch the lower back as the toes lower to the floor, as there should be no movement of the spine during this test. You should not be able to fit a hand under the skater's back when the toes lower.

Bridge with Marching: (Assesses abdominal and glut strength). Lie on your back with your knees bent and feet on the floor, shoulder width apart. Lift your buttocks 4 to 5 inches while maintaining level hips. Slowly lift one knee 3-4 inches, and hold for 3 seconds. Repeat on the other side. A skater with good abdominal stability and gluteal strength will be able to accomplish this without movement of the pelvis. If you see a drop in the hip of the leg that is lifted, it indicates weakness in the opposite side hip and glut muscles, and general abdominal instability.

Quadruped alternate arm and leg: (Assesses abdominal and lower back strength as well as the ability to handle rotational forces). Get down on the floor on your hands and knees, with the knees directly under the hips, and the hands directly under the shoulders. Try to maintain a flat back. Extend one leg behind you as you reach out with the opposite arm. A skater with good abdominal and back stability should be able to complete this movement without any arch in the lower back, and should not show side shifting of the hips. A skater with core instability will exhibit an increased curve in the lower back, have trouble balancing, and show lateral shifting of the hips.

Prone Plank: (Assesses core strength). Lie on the floor propped up onto your forearms and knees. Push through your toes to lift your torso and knees off of the floor, so you are resting on your forearms and toes. Your body should remain level, without lifting your buttocks higher than the rest of your body. A skater with good core strength should be able to maintain this position for at least 30 seconds, without any change in position of the spine. A skater with core instability will start to arch the lower back and have trouble maintaining a level spine. Shoulder weakness can also be seen as the shoulders start to lift higher than the torso.

Push Up: (assesses core strength and upper body strength). Lie on your stomach with your hands tucked in close to your body at chest level, and apply pressure through your toes against the floor. Push up with your arms and simultaneously lift your torso and your hips up until you reach a plank position without arching your back. This is a difficult test, and only a skater with significant core and upper body strength should be able to complete this correctly. A skater with weakness in the shoulders and scapular stabilizers will not be able to fully push up through the arms. A skater with core muscle weakness will demonstrate an arch in the lower to middle spine while rising from the ground. Good core strength is indicated by a skater maintaining a flat back throughout the test.



The second picture shows the skater with too much arch in her back, indicating weakness. The skater should maintain the flat back position in pictures 1 and 3 as she is rising into the pushup position.

UPPER EXTREMITY

Shoulder external rotation mobility: (Assesses outward rotation of the shoulder). Lie on your back with your elbows and hands level with your shoulders. Slowly lower your hands to the floor with your palms facing upwards. A skater with appropriate external rotation mobility will be able to easily touch the back of the hand to the floor, without any arch in the back. Tightness is apparent if the hand does not easily reach the floor.


This skater shows appropriate shoulder external rotation mobility.

Shoulder flexion mobility: (Assesses ability to raise arms above head). Lie on your back with your arms at your side. Slowly raise both arms overhead until your back starts to arch. A skater that is able to reach both hands to the floor without arching the back has sufficient shoulder flexion mobility. A skater who arches the back or cannot reach the floor with the hands exhibits tightness in the lat muscles, or has mobility deficits in the shoulder joint and/or scapula.

Lower trapezius wall slides: (Assesses lower trapezius strength, important for good posture). Stand with your back against a wall, with your arms pressed on the wall, each making a 'V'. Your palms should be facing forward. Slowly slide your arms up the wall until your elbows are at shoulder level, then slowly lower them to the start position. A skater should be able to repeat 60 seconds without fatigue in the arms and shoulders. You may also complete this test sitting against the wall with your legs crossed, back fully against the wall. Your lower trapezius is weak if you have trouble maintaining a flat back against the wall.

SPINE

Forward Bend: (Assesses general spinal mobility). Stand tall with your feet together and arms by your sides. Slowly start to round your shoulders forward and begin to bend forward one vertebra at a time, letting your arms drop down to the floor. Bend as far as you comfortably can. The evaluator should look for symmetrical movement at each vertebral segment, with a symmetrical rounding throughout each area of the spine. You do not want to see 3 or 4 segments that seem to form a straight line, without individual movement. Ideally, a skater should have movement with forward bending at every spinal segment.

LOWER EXTREMITY

Single leg bridge: (Assesses glute and hamstring strength). Lie on your back with your knees bent and feet shoulder width apart. Lift your buttocks 5 to 6 inches off of the ground, then lift one knee 2 to 3 inches by flexing your hip. Slowly lower your buttocks to the ground. Repeat on the other side. If there is weakness present in the glutes or hamstrings, a skater will have difficulty lowering slowly, and may show a drop of the hip of the leg that is in the air. As with previous core tests, a skater must maintain level hips. The second part of this test involves raising the buttocks up and down while one leg is in the air. Lie in the bridge position, and lift one leg in the air with the knee bent. Raise the buttocks up and down, again looking for symmetry in the hips. The hips should also remain squared, as it is easy for a skater to compensate with other muscles by rotating the hips while raising and lowering.

Lateral Step Down: (Assesses glute medius and hip rotator strength, hip and knee stability**)**. Stand on a step sideways, close to the edge. Put your hands on your hips to try to maintain a level pelvis. Bend your knee and drop your free leg towards the floor, leading with your heel, not your toes. The evaluator should be focusing on the skater's alignment of the hip, knee, and toes. A skater with strong gluts and hip musculature should maintain the hip, knee, and toes in a straight line. A skater with weakness in these muscles will turn the knee inward, have trouble maintaining balance on the step, and drop the free hip below the opposite hip. This position may also be an indicator of foot pronation, which is excessive turn-in of the foot. This test is very important to evaluate a skater's ability to maintain alignment for jump takeoffs and landings.


The first picture shows correct hip, knee, and ankle alignment, and the second picture shows excessive turn-in of the knee.

Hip abduction against wall: (Assesses glute medius strength and hip stability). Lie on your side about 3-4 inches in front of a wall. Your top hip should be directly over your bottom hip. Rotate the toes of your top foot downward so they are touching the opposite heel. While maintaining heel contact with the wall, lift your leg about 6 to 8 inches, then lower. Complete eight repetitions. A skater with glut medius weakness will have difficulty maintaining contact with the wall or trouble keeping the toes pointing downward. To look for lack of core control, notice the skater's ability keep one hip on top of the other. Weakness is seen by the top hip moving forwards or backwards.


Hip adduction against wall: (Assesses hip adductor strength). Lie on your side against a wall. Cross your top leg over your bottom leg by bending your knee and placing the foot in front of you. Lift your bottom leg about 3 inches, maintaining heel contact with the wall. Repeat 8 times. A skater with hip adductor weakness will have difficulty maintaining contact with the wall or trouble lifting the leg.

In-Line lunge: (Assesses core and hip stability as well as hip mobility)
The In-line Lunge is one of the 7 tests in the Functional Movement Screen and can be performed on the floor over a piece of tape or on a straight line (seam). Measure the distance of the lower leg from the base of the knee to the ground. This will be your stepping distance. Place a mark where you will put your toe and then place another mark (the distance that you measured you lower leg to be) on the same line. This is where your heel will go.

Step out with your right leg so that your left arm will be placed as pictured (fist behind the neck and the right fist is in the small of the back. Keep the pole touching all 3 points of contact (head, upper back and top of the hips). Step out to the mark. Maintain your balance. Drop the back knee by lifting the back heel. Repeat the movement 3 times if possible and then switch arms and legs and repeat. You should be able to maintain balance as well as all three points of contact. Your feet should not spin out and you should be able to keep the front heel on the ground.

Hurdle step: (Assesses single leg stance stability (glute stability) core stability, and hip mobility). The hurdle step is another great assessment that is part of the Functional Movement Screen that assesses the skater's ability to stand on 1 leg. Begin by taking the measurement you took in the in-line lunge test and use that to mark the height. Use two chairs or a doorway to put a piece of tape where you can step over. Stand so the toes are vertically just behind (beneath) the tape. Rest a pole on the shoulders, step over the tape and reach for the floor with the heel. Tap the floor and return the leg to the starting position. Repeat with the other leg. A skater should be able perform the movement with no loss of balance, clear the tape and move the leg through the full range of motion with no hip compensation of flexion of the upper back. A compensation of the hip will cause the pelvis to shift or drop on the stance leg.



Straight leg raise: (Assesses hip flexor (psoas) strength, core strength, and hamstring flexibility). Lie on your back with your arms by your sides. (The evaluator should note the natural curve of the skater's back, by placing his or hand underneath the lower spine.) Raise one leg straight in the air as far as you can. A 90 degree angle is equal to the leg raising straight in the air. A skater should be able to raise the leg to ninety degrees without increasing the arch in the lower back. An increase in arch of the lower back indicates hip flexor weakness. To evaluate hamstring flexibility, note the angle the skater is able to raise the leg. Sufficient hamstring flexibility for a skater should be beyond the 90 degree angle, ideally above 110 degrees. An angle below 90 degrees indicates hamstring tightness.

Fabere test: (Assesses hip external rotation). Lie on your back with your legs straight. Bring one heel onto the opposite knee, and let your knee fall out to the side as far as it can drop. Good hip external rotation is indicated if the skater's thigh is parallel to the ground. If the knee and thigh are above parallel, there is tightness in the hip joint capsule.

Quadruped rock back: (Assesses spine alignment and hip flexion mobility). Get down on the ground on your hands and knees, with the hips directly over the knees. Normal spinal alignment is indicated by a slight lower back curve, and the head in a neutral position. The head should not extend. Slowly rock your hips back toward your heels, while maintaining the same neutral spine position as you started with. A lack of hip flexion mobility is indicated by a change in spinal position during the test. A skater who lacks hip flexion will show a rounding of the lower spine.



The second picture shows a rounded spine, and the third picture shows the correct spine position. This skater exhibits tight hip flexion mobility.

Prone knee flexion: (Assesses quadriceps flexibility). Lie on your stomach. Bend one knee to bring your heel towards your buttocks, without allowing your back to arch or pelvis to rotate. A 90 degree angle is achieved when the foot is directly above the knee. Good flexibility of the quadriceps is indicated by at least a 120 degree angle of knee bend without spine or hip movement. Another way to measure progress of flexibility is to measure the distance from the heel to the buttocks, then compare it to results from the same test at a later date.

Thomas test: (Assesses hip flexor (psoas), and ITBand flexibility). This test requires a table or firm bed. Lie on your back, as close the edge of the table as possible. Hug both knees into your chest tightly, then slowly lower the outer leg towards the floor. Continue to hold the opposite leg tightly to the chest. Normal psoas flexibility is indicated if the back of the thigh is fully touching the table, without the lower back arching. Any space between the leg and the table indicates a tight psoas. You may measure the distance between the thigh and the table to measure progress of future re-tests. This test can also be performed at the end of a table. Sit with your buttocks at the end of a table, hug your knees into your chest, and rock back onto your back. Slowly lower one leg as you continue to hug the opposite knee. The evaluator should look for the alignment of the knee and ankle with the hip. If the leg remains in line with the body, ITBand flexibility is normal. If the leg rests laterally to the side, the ITBand is tight.

The second picture above shows appropriate psoas flexibility.
The first picture below shows a tight IT Band. The second picture below shows a tight psoas.

Ober test: Lie on your side on a table with the hips directly on top of each other. The evaluator stands behind the skater, with one hand on the skater's top hip to stabilize it. The evaluator holds the top leg underneath the knee, and will bring it forward, up, and then back. It is very important that the skater's hip does not move back during this test; therefore, it is important for the evaluator to maintain forward pressure on the hip. It also necessary to bring the leg as high and as far back as you are able to. Positive ITBand tightness is noted if the knee rests more then 3 inches from the table.



The third picture above shows a skater with positive IT Band tightness.

Corrective Exercises

To improve core strength:

Fast Hands: This exercise will work a skater's core muscles to prevent rotation of the trunk. Kneel on one knee with one foot in front of the other, and place your palms together in front of you with your arms outstretched. Tighten your abdominals throughout the exercise. Move your hands side to side at a rapid pace without bending your elbows. Focus on preventing rotation of your trunk, maintaining this position for 30 seconds. To progress, move into a standing lunge position, and hold for 30 seconds. Finally, to significantly challenge yourself, stand in a tandem stance position, and maintain the position for 30 seconds or longer.



Quadruped: Skaters who exhibit weakness in the quadruped test may use the same position as an exercise. Get down on the ground on your hands and knees, with your knees directly under your hips, and your hands under your shoulders. Tighten the abdominals and maintain a flat back, by picturing a cup of tea on your back that you don't want to spill. Extend one leg behind you, without changing the position of your spine, and simultaneously extend the opposite arm in front of you. Hold for 5 seconds, then return to the start position. Repeat on the opposite side, and continue to alternate 10 repetitions on each side. Progress to a longer hold of 10 seconds. You may also progress by bringing the opposite elbow to knee, 3 times on each side, for 5 repetitions.



elbow to knee

Bridging with marching: Skaters who exhibit weakness in the bridge with marching core test may use the same position as an exercise. Lie on your back with your knees bent and feet on the floor, shoulder width apart. Lift your hips 4 to 5 inches off of the ground. Your hips should remain level. Slowly lift one knee 3-4 inches, and hold for 5 seconds. You may increase difficulty by crossing your arms across your chest, or extending your free leg. Repeat on the other side, and complete 10 repetitions on each side, alternating. Progress to an 8 second hold.



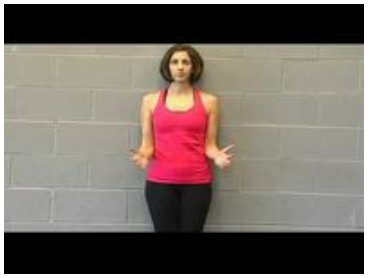
Prone Plank: Lie on the floor propped up onto your forearms and knees. Push through your toes to lift your torso and knees off of the floor, so you are resting on your forearms and toes. Your body should remain level, without lifting your buttocks higher than the rest of your body. Start by maintaining this position for 20 seconds. As you get stronger, progress to a 30 second hold, then to a maximum of a minute hold. Further progress by alternating small leg lifts, lifting each foot 2 to 3 inches. Hold for 3 seconds on each side, followed by alternating arm slides. In the arm slides, widen your stance if needed. Repeat 10 repetitions on each side.

***Please refer to Sk8Strong's "Core Stability Training" DVD for a complete progression of beginner to advanced core exercises, or refer to the core exercises in any of our strength training DVDs.**

To improve shoulder external rotation mobility:

Unresisted/ resisted external rotation: Stand or sit with your elbows bent to a 90 degree angle**,** close to your sides. Rotate your hands outwards, leading with your thumbs in a 'hitchhiker' position, as far as you can without shrugging your shoulders. Hold this stretch for 10 seconds, and repeat 10 times. Progress to using a theraband for resistance, pushing out against the resistance of the band. This will help not only gain external rotation mobility, but also strength.

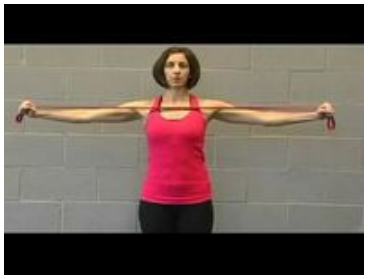
Doorway stretch: Stand in a doorway with one foot in front of the other. Rest your forearms in the doorway with your elbows at shoulder level. Lean forward until you feel a stretch in your chest and upper arms. Hold for 10 seconds, repeating 10 times. You may also choose to slide your arms higher and lower than your shoulders to add some dynamic mobility to this stretch. If you choose to do so, slide the arms up and down 10 times.

To improve external rotation mobility and lower trapezius strength:

Wall Slides: Stand with your back against a wall, with your arms pressed on the wall, each making a 'V'. Your palms should be facing forward. Slowly slide your arms up the wall until your elbows are at shoulder level, then slowly lower them to the start position. Do not let the shoulders shrug during the exercise. Repeat this exercise 10 times, progressing to 2 sets.


To improve lower trapezius strength:

Behind the head pulls: Stand or sit and hold a theraband or sport cord a bit wider than shoulder width apart, depending on the resistance of the band. Hold your arms at shoulder level and pull outward against the resistance of the band. Your elbows should remain straight, and your shoulders relaxed. If you have to shrug your shoulders to complete a repetition, either the band resistance is too difficult, or your hands are too close to each other. Repeat 10 repetitions, for 2 sets. Increase band resistance as the exercise becomes easier. This can also be done overhead. Raise your arms overhead and pull outward and down with the band. The band should reach behind the head, and your elbows should remain straight. Repeat the same number of repetitions.


In front


Behind head


To improve spine mobility:

Foam rolling: This exercise requires a 6 inch diameter cylinder foam roll. Place the foam roll perpendicular to your thoracic (middle) spine on the floor. Bend your knees with your feet shoulder width apart. Either cross your arms across your chest or behind your head (especially if you have long hair or a ponytail), then lift your buttocks. Use your feet to push as you roll your spine over the roller, from the top of your spine to the middle. Keep your head in a neutral position. Repeat 10 to 15 times. To mobilize a certain segment of the spine, lay on the roller over that segment, put your hands behind your head to support the neck, and extend your spine over the roller 5 times. You may opt to keep the elbows in tighter if it is more comfortable. Make sure that you don't extend too much from the neck.



Quadruped thoracic extension: Get down on the ground on your hands and knees, with your knees directly under your hips, and your hands directly under your shoulders. Rock your hips back towards your heels, and place one hand behind your head. Lift that elbow up toward the ceiling as you rotate as far as you comfortably can to that side. Lower down, then repeat 10 repetitions on each side.


To improve gluteus medius strength:

Hip abduction against wall: This exercise uses the same position as the test. Lie on your side about 3-4 inches in front of a wall. Your top hip should be directly over your bottom hip. Rotate the toes of your top foot downward so they are touching the opposite heel. While maintaining heel contact with the wall, lift your leg about 6 to 8 inches, then lower. It may be easier to slide your foot if you place a towel roll between your foot and the wall. Tighten your abdominal muscles to stabilize your trunk. Begin with 10 repetitions, and progress to 2 sets of 10, then 2 sets of 15.

Lateral step down: Stand on a step sideways, close to the edge. Put your hands on your hips to try to maintain a level pelvis. Bend your knee and drop your free leg towards the floor, leading with your heel, not your toes. You should have a slight bend in your hips to prevent your knee from bending in front of your toes. It is important to maintain alignment of the hip, knee, and foot while completing this exercise. Only bend as far as you can while maintaining proper alignment. Begin with 10 repetitions, progress to 2 sets of 10, then 2 sets of 15.

Single Leg Bridge: Lie on your back with your feet shoulder width apart. Flex your hip and bend your knee into your chest. Lift your buttocks 4 to 5 inches in the air, maintaining a level pelvis, then lower. Prevent arching of your lower back by holding in your abdominals. Repeat 10 repetitions on each side, progressing to 2 sets of 10, then 2 sets of 15. You may also progress to bridging with the leg straight in the air with the foot pointed toward the ceiling.


X-Band walk: Take a theraband or sport cord and place it under your feet. Pull up on the ends of the cord, then cross them to make an X, keeping your arms close to your body. Step laterally against the resistance of the band to your right, maintaining space between your feet, and tightness of your abdominals. Do not drag your feet. Take 8 steps to the right, then reverse to 8 steps to the left. Repeat this sequence 3 times.


Split Squat (also works quadriceps): This exercise involves the same position of the in-line lunge test. Keep your toes aligned on a straight line in a wide tandem stance. You may hold a stick along your spine to maintain a straight spine. As your toes point forward, drop your back knee down toward the floor into a lunge position without touching the floor. Return to the start position. Try to maintain a level pelvis throughout the exercise, with good balance. Begin with 10 repetitions, progressing to 2 sets of 10, then 2 sets of 15.

To improve hip adductor (inner thigh) strength:

Hip adduction against wall: Lie on your side against a wall. Cross your top leg over your bottom leg by bending your knee and placing the foot in front of you. Lift your bottom leg about 3 inches, maintaining heel contact with the wall. You may put a towel between your heel and the wall for easier movement. Repeat 10 repetitions, progress to 2 sets of 10, then 2 sets of 15.

To improve hip flexor (psoas) and quadricep flexibility.

Kneeling psoas stretch: Get down on the ground in a lunge position, with one knee on a foam pad or pillow, and the opposite leg in front of you. Straighten your spine, with your shoulders directly over your hips. Tighten your abdominals as your shift your hips forward. You should feel a stretch in the front of your hip. If you only feel a stretch in your thigh, make sure your lower back is not arched, then re-tighten the abdominals. Hold the stretch position for 30 seconds, and repeat 3 times. To further stretch the quadriceps in this exercise, achieve the hip flexor stretch position, then grab your foot with your hand to bring your heel towards your buttocks. Repeat the same 30 second hold, 3 times. If you need more stability during this stretch, hold on to a table, chair, or wall.

To improve hip flexor (psoas) strength:

Seated band hip flexion: Sit tall in a chair that allows you to sit at 90 degrees of hip flexion and 90 degrees of knee flexion. Place your hands behind your head or on your hips, and loop a theraband around your feet. Lift one knee 3 to 4 inches and hold for 2 seconds. Repeat on the opposite side and complete 10 repetitions each side. Progress to 2 sets of 10, then 2 sets of 15. Maintain tight abdominals and good posture throughout the exercise.

Lying band hip flexion: Lie on the floor with a loop of theraband around your feet or sneakers. Keep your spine in a neutral alignment by maintaining tight abdominals throughout the exercise. Bend one knee towards your chest against the resistance of the band, as far as you can comfortably go without moving the lower back. You may alternate sides for 10 repetitions apiece, or complete 10 repetitions one leg at a time. Progress to 2 sets of 10, then 2 sets of 15. To further progress, start with your knees and hips bent to 90 degrees, and feet off of the floor. Extend one leg against the resistance of the band as you slightly increase the hip flexion of the opposite side. Repeat the same amount of repetitions.

Standing band hip flexion: Hook the end of a sport cord or theraband to the leg of a table or in a doorway, and the other end around your sneaker or ankle. Face away from the cord. Place your hands on your hips as you lift your knee forward to hip level against the cord resistance. Lower and return to the start. Maintain good balance and square hips, as well as tight abdominals. Repeat 10 repetitions for 2 sets on each side. Progress to 2 sets of 15. If you find that you need to hike your free hip up, the cord resistance is too difficult for you.


To improve IT Band flexibility:

IT Band stretch: Stand upright and cross one leg behind the other, leaving 4 to 5 inches of space between your feet. If you are stretching the right side, the right foot should be behind the left. Slide your hips to the right, without leaning too far to the left, until you feel a stretch on the lateral side of your hip. If you don't feel a stretch, rotate the toes of your back foot inward or outward until you feel a stretch in the hip. Hold the stretch for 30 seconds, and repeat 3 times.

To improve hip external rotation mobility:

Traveling glute stretch: This exercise covers a distance of 10 to 15 yards. Stand tall and hug one knee up towards your chest by grabbing around your lower leg. Simultaneously rise up on to your toes. Lower, then step forward and repeat on the opposite side. Continue to alternate for the 10 to 15 yard distance, and repeat the distance 3 times. You should feel a stretch in your buttocks.

Glute stretch against wall: Lie on your back facing a wall and bend your hips and knees to 90 degree angles. Place your feet on the wall, then cross one ankle over the opposite knee. You should feel a stretch in your buttocks, and to further stretch, you may opt to place your hand on your knee to apply pressure. A further dynamic progression includes taking the foot that is on the wall off of it and bringing your knee toward your chest. Hold for 2 to 3 seconds, and repeat 5 times.

Hamstring stretch: Lie on your back with a strap, towel, or band around the bottom of your foot. Hold onto the 2 ends as you raise the leg in the air. Pull towards yourself until you feel a stretch behind the thigh and knee. Hold for 30 seconds, then lower the leg. Repeat 3 times. Make sure the leg stays aligned with your body, and does not drift to either side.

Please use the corrective tests for the corresponding evaluative tests that you used for skater assessment.