

BASE & BACK SKILLS - LEVEL 3 & 4

LEVEL THREE				LEVEL FOUR			
Skill	Began	Completed	Notes	Skill	Began	Completed	Notes
PREP TIC TOC	--	--		BALL UP EXTENSION	--	--	
HEIGHT				HEIGHT			
USE OF LEGS				USE OF LEGS			
USE OF ARMS				USE OF ARMS			
QUICKNESS				QUICKNESS			
TIGHTNESS				TIGHTNESS			
EXTENSION LIB	--	--		FULL UP EXTENSION	--	--	
HEIGHT				HEIGHT			
USE OF LEGS				USE OF LEGS			
USE OF ARMS				USE OF ARMS			
QUICKNESS				QUICKNESS			
TIGHTNESS				TIGHTNESS			
FULL UP TO PREP	--	--		SWITCHUP EXTENSION	--	--	
HEIGHT				HEIGHT			
USE OF LEGS				USE OF LEGS			
USE OF ARMS				USE OF ARMS			
QUICKNESS				QUICKNESS			
TIGHTNESS				TIGHTNESS			
INVERSION TO EXT 1 LEG	--	--		FULL UP EXTENSION LIB	--	--	
HEIGHT				HEIGHT			
USE OF LEGS				USE OF LEGS			
USE OF ARMS				USE OF ARMS			
QUICKNESS				QUICKNESS			
TIGHTNESS				TIGHTNESS			
1/2 UP EXT 1 LEG	--	--		HIGH TO LOW TIC TOC - LIB	--	--	
HEIGHT				HEIGHT			
USE OF LEGS				USE OF LEGS			
USE OF ARMS				USE OF ARMS			
QUICKNESS				QUICKNESS			
TIGHTNESS				TIGHTNESS			
SWITCH UP PREP HEEL	--	--		KICK FULL CRADLE	--	--	
HEIGHT				HEIGHT			
USE OF LEGS				USE OF LEGS			
USE OF ARMS				USE OF ARMS			
QUICKNESS				QUICKNESS			
TIGHTNESS				TIGHTNESS			
TEAMWORK	--	--		TEAMWORK	--	--	
COMMUNICATION L - M - H				COMMUNICATION L - M - H			
FOCUS L - M - H				FOCUS L - M - H			
EFFORT L - M - H				EFFORT L - M - H			
TOTAL POINTS				TOTAL POINTS			
ADDITIONAL NOTES:							