

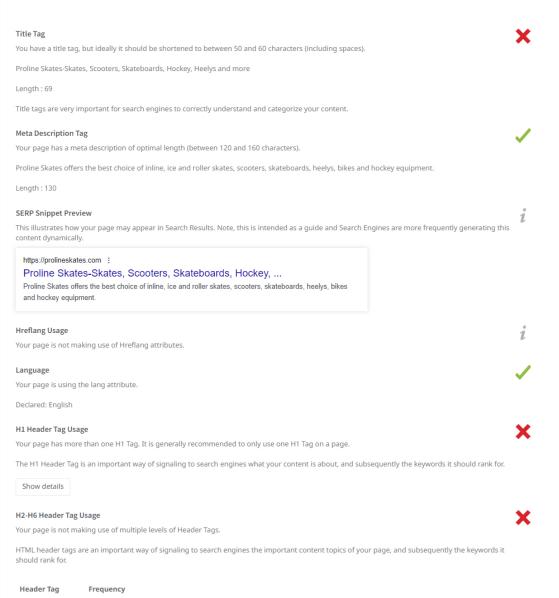
On-Page SEO Results



H2

Your On-Page SEO could be better

Your page has some level of On-Page SEO optimization but could be improved further. On-Page SEO is important to ensure Search Engines can understand your content appropriately and help it rank for relevant keywords. You should ensure that HTML Tag Content is completed correctly and align text content to target keywords.



H3	0
H4	0
H5	0
H6	0

Show details

Keyword Consistency

Your page's main keywords are not distributed well across the important HTML tags.



Your page content should be focused around particular keywords you would like to rank for. Ideally these keywords should also be distributed across tags such as the title, meta and header tags.

Individual Keywords

Keyword	Title	Meta Description Tag	Headings Tags	Page Frequency	
heelys	~	~	~	39	
skates	~	~	~	33	
vat	×	×	×	33	
bauer	×	×	~	24	
ago	×	×	×	22	
shop	×	×	×	19	
from	×	×	×	18	
shoes	×	×	×	16	

Phrases

Phrase	Title	Meta Description Tag	Headings Tags	Page Frequency	
ex vat	×	×	×	32	
heelys heelys	×	×	×	17	
shoes -	×	×	×	16	
days ago	×	×	×	14	
complete skateboard	×	×	×	12	
tony hawk	×	×	×	10	
pro 20	×	×	×	8	
vat bauer	×	×	×	8	

Amount of Content

Your page has a good level of textual content, which will assist in it's ranking potential. $\label{eq:content}$



Word Count: 1645

Image Alt Attributes

You have images on your page that are missing Alt attributes.



We found 85 images on your page and 30 of them are missing the attribute.

Alt attributes are an often overlooked and simple way to signal to Search Engines what an image is about, and help it rank in image search results.

Show details

Canonical Tag

Your page is using the Canonical Tag.



https://prolineskates.com/

Noindex Tag Test

Your page is not using the Noindex Tag which prevents indexing.



Noindex Header Test

Your page is not using the Noindex Header which prevents indexing.



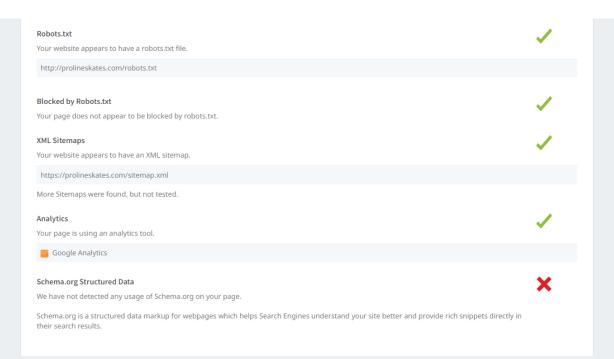
SSL Enabled

Your website has SSL enabled.



HTTPS Redirect

Your page successfully redirects to a HTTPS (SSL secure) version.



Rankings

Top Keyword Rankings

This shows your top 10 Keyword Rankings in the specific location. The list is ordered by the keywords that drive the most traffic to your page.

Keyword	Country & Language	Position	Total Searches	Estimated Traffic	
i c e skates	≅ EN	3	90,500	8,806	
ice skates	EN	4	90,500	5,964	
skates ice	EN	5	90,500	4,244	
skates on ice	EN	5	90,500	4,244	
ice skate	EN	6	90,500	3,059	
ice skates cardiff	EN	1	8,100	2,462	
heelys	<mark>∰</mark> EN	7	49,500	1,267	
ice skates uk	EN	2	5,400	875	
figure skate	≅ EN	3	6,600	642	
figure skates	S EN	3	6,600	642	

Track Keyword Rankings

Total Traffic From Search

This shows you the Estimated Traffic Volume your page receives from it's Keyword Rankings



Keyword Positions

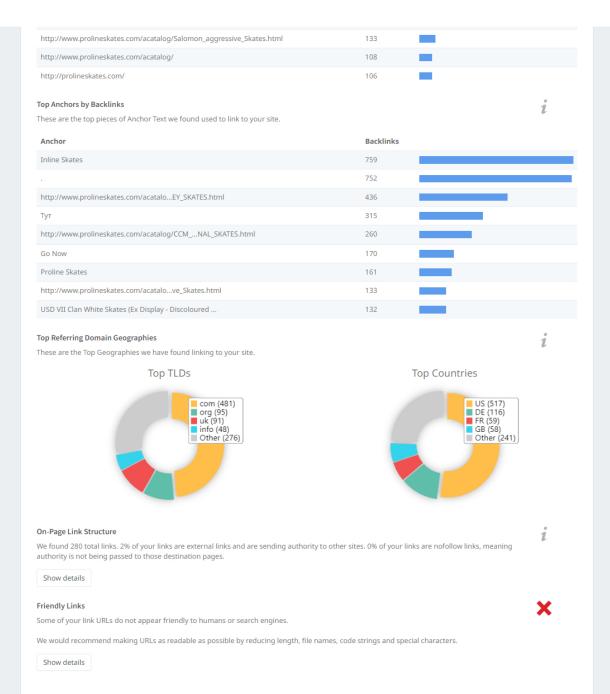
This shows you a summary of the positions for your Keyword Rankings. The higher you rank, the more likely you are to capture traffic, with recent research showing that as much as 92% of clicks happen on the first page.

Position	Keywords	
Position 1	11	
Position 2-3	99	To the second
Position 4-10	344	
Position 11-20	743	
Position 21-30	888	
Position 31-100	3,457	

Links **Backlink Summary** You have a moderate level of backlink activity to this page. 12 Domain Page Strength Strength **☑** 6.6k **2** 991 Backlinks Referring Domains \$ 1.1k % 5.6k **○** 0 <u></u> 0 **698 9** 899 Nofollow Backlinks Dofollow Backlinks Edu Backlinks Gov Backlinks Top Backlinks These are the highest value external pages we have found linking to your site. Domain Referring Page URL Referring Page Title **Anchor Text** strength 98 https://www.reddit.com/r/rollerblading/comments/a Left Foot/Ankle Pain While Skating, Any Proline (UK) d54up/left_footankle_pain_while_skating_any_advic Advice? : rollerblading e/?utm_source=dlvr.it&utm_medium=twitter 91 http://images.google.ru/imgres?q=kizer&imgurl=htt Уведомление о переадресации http://www.prolineskates.com/acatalog/Acce p://www.prolineskates.com/acatalog/kizer_tongues_ 180.jpg&imgrefurl=http://www.prolineskates.com/ac atalog/Accessories.html&usg=_p8kkVW1SUAwAOw2 MoQ6mxaQXRVc%3D&h=180&w=240&sz=11&tbnid= DPIJNbzSpoMelM:&tbnh=83&tbnw=110&prev=/imag es?q%3Dkizer&hl=ru&start=265&um=1&newwindow =1&sa=N&ndsp=20&tbs=isch:1 90 Skating & Skateboarding near Cardiff | https://www.yell.com/s/skating+and+skateboarding-Website ProLine Skates's Competitors, Revenue, 86 https://www.owler.com/company/prolineskates http://prolineskates.com/ Number of Employees, Funding, Acquisitions & News - Owler Company Profile 86 https://www.192.com/atoz/business/cardiff-cf10/skat Proline Skates - Skates And Skateboarding Visit Website es-and-skateboarding-equipment/proline-skates/e25 Equipment in Cardiff CF10 1BB - 192.com f1f618562b7c3eac49e138b8722ba1524b514/ml/ manchester united fifa 21 Rookie Artistic Roller Skates - Black 85 https://www.garotinhajuvenil.com/r3p9p/mancheste r-united-fifa-21 Proline Skates email format | Proline 84 https://aeroleads.com/company/proline-skates-email prolineskates.com -format Skates.com emails 83 https://adzbusiness.com/website-list-908/ website list 908 | prolineskates 82 https://directory.somersetlive.co.uk/company/48302 Proline Skates in Unit A4 South Point, www.prolineskates.com 5348726784 Foreshore Road, Cardiff, South Glamorgan, CF10 4SP 82 https://app.crayon.co/f/medium/?query=skates Medium traffic pages | Website Inspiration prolineskates.com and Examples | Crayon Top Pages by Backlinks These are the pages on your site with the most the backlinks from other sites. Backlinks URL http://www.prolineskates.com/ http://www.prolineskates.com/acatalog/Seba_Skates.html 438 http://www.prolineskates.com/acatalog/CCM_RECREATIONAL_SKATES.html 260 http://www.prolineskates.com/acatalog/MISSION_SENIOR_ROLLER_HOCKEY_SKA... 218 http://www.prolineskates.com/acatalog/CCM_SENIOR_ROLLER_HOCKEY_SKATES... 218 https://prolineskates.com/

149

https://www.prolineskates.com/usd-vii-clan-white-skates





Usability

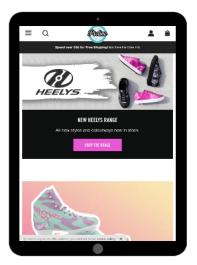


Your usability needs improvement

Your page has usability issues across devices. Usability is important to maximize your available audience and minimize user bounce rates (which can indirectly affect your search engine rankings).

This check visually demonstrates how your page renders on different devices. It is important that your page is optimized for mobile and tablet experiences as today the majority of web traffic comes from these sources.





Google's Core Web Vitals

Your page has failed Google's Core Web Vitals assessment.

Core Web Vitals are UI metrics created by Google that measure page experience and are becoming increasingly important as a ranking factor.



Largest Contentful Paint (LCP)







Cumulative Layout Shift (CLS)



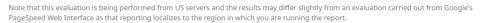
Use of Mobile Viewports

Your page specifies a viewport matching the device's size, allowing it to render appropriately across devices.



Google's PageSpeed Insights - Mobile

 ${\it Google is indicating that your page is scoring poorly on their Mobile Page Speed Insights evaluation.}$



Google has indicated that the performance of a webpage is becoming more important from a user and subsequently ranking perspective.





Lab Data	Value	Opportunities	Estimated Savings
First Contentful Paint	5.1 s	Eliminate render-blocking resources	3.35 s
Speed Index	8.7 s	Properly size images	2.21 s
Largest Contentful Paint	13.1 s	Reduce unused JavaScript	0.9 s
Time to Interactive	31.9 s	Avoid multiple page redirects	0.63 s
Total Blocking Time	6.27 s	Reduce unused CSS	0.15 s
Cumulative Layout Shift	0.002	Avoid serving legacy JavaScript to modern browsers	0.15 s

Google's PageSpeed Insights - Desktop

 $Google\ is\ indicating\ that\ your\ page\ is\ scoring\ poorly\ on\ their\ Desktop\ PageSpeed\ Insights\ evaluation.$



 $Google\ has\ indicated\ that\ the\ performance\ of\ a\ webpage\ is\ becoming\ more\ important\ from\ a\ user\ and\ subsequently\ ranking\ perspective.$



Lab Data	Value	Opportunities	Estimated Savings
First Contentful Paint	1.1 s	Eliminate render-blocking resources	0.55 s
Speed Index	3.1 s	Avoid multiple page redirects	0.19 s

Largest Contentful Paint	2.1 s
Time to Interactive	7.4 s
Total Blocking Time	1.37 s
Cumulative Layout Shift	0.852
Flash Used? No Flash content has been identified on your page.	
iFrames Used? There are no iFrames detected on your page.	
Favicon Your page has specified a favicon.	
Email Privacy	
Email addresses have been found in plain text.	
We recommend removing any plain text email addres susceptible to scrapers and email spammers.	sses and replacing them w
Show details	
Legible Font Sizes	
The text on your page appears to be legible across de	evices.
Tap Target Sizing	

Performance Results

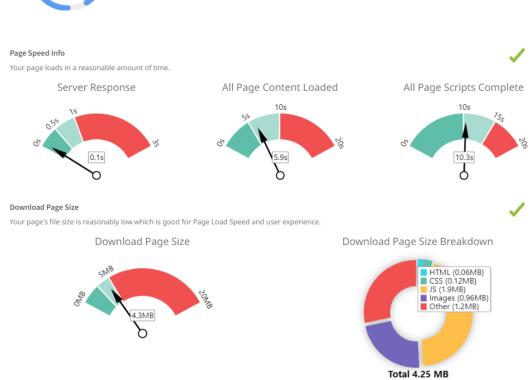


Website Compression (Gzip, Deflate, Brotli)

HTML

Your performance is very good!

Congratulations, your page has performed very well in our testing meaning it should be reasonably fast and responsive for users. Performance is important to ensure a good user experience, and reduced bounce rates (which can also indirectly affect your search engine rankings). Continue to monitor your performance over time to ensure there are no periodic fluctuations.



Your website appears to be using a reasonable level of compression. **Compression Rates** Raw Page Size Breakdown 0.06 MB (81% Compressed) HTML (0.32MB) CSS (0.88MB) IS (4.23MR) 0.12 MB (86% Compressed)



Social Results



Your social is good

You have a reasonably good social presence. Social activity is important for customer communication, brand awareness and as a marketing channel to bring more visitors to your website. We recommend that you have all of your profiles listed on your page, and work to build a larger following on those networks.

