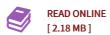




## Roller Derby 101: The Fresh Meat Training Manual - 2017 Edition (Paperback)

By Punchy O guts

Createspace Independent Pub, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Roller Derby 101, the 2017 edition, is an updated combination of Roller Derby 101 and Scrimmage 101, and it includes everything a coach needs to train their new skaters. This updated edition features an all-new curriculum that focuses on the skills needed for slower game-play, and it includes scrimmage drills to prepare a new player for roller derby. Training is divided into three sections: Level One focuses on basic skating skills, Level Two focuses on pack skating and contact, and Level Three focuses on scrimmage skills. Each level features practice itineraries with detailed drill descriptions and specific instructions/warnings for coaches so they know what to expect when training skaters and templates for grading assessments. In addition to information about each training level, the book includes information about how to hold try-outs. This is a coach s all-in-one book for training new skaters!.



## Reviews

This publication can be really worth a go through, and a lot better than other. It is actually writter in straightforward words and phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.

-- Jackeline Rippin

A high quality book and also the font employed was intriguing to read. I was able to comprehended every thing out of this created e book. You wont really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me).

-- Prof. Johnson Cole Sr.