



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!.



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Reviews

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