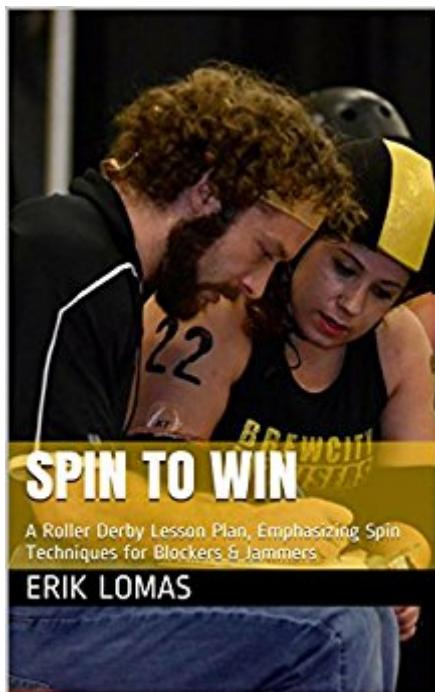


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# Spin To Win: A Roller Derby Lesson Plan, Emphasizing Spin Techniques For Blockers & Jammers (Encyclopedia Skate-annica Book 1)



## Synopsis

Spin to Win is a compact lesson plan for the Roller Derby coach, practice leader, or individual skater. The one to two hour practice plan contains mini-lessons/modules, laid out to progressively build related skills. The skills taught emphasize omni-directional techniques that have become a critical tool for successful derby teams. Like all lessons in this series, the plan introduces game-time applicability of skills taught, provides drills & keys to successful technique, 1-page cheat sheets for use during practice, and some ideas for further reading and exploration. I'd like to thank Quadzilla LK, Nick Becker, & Windy City Rollers, who all taught me portions of this lesson plan. I've documented their training to make it accessible to the wider derby community.

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