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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.

Book Information

File Size: 414 KB

Print Length: 11 pages

Publisher: Erik Lomas; 1 edition (December 18, 2014)

Publication Date: December 18, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00R71YQTG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #838,001 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Rollerskating &

Rollerblading #30 in Books > Sports & Outdoors > Individual Sports > Rollerskating &

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