

The book was found

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: #876,951 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

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

Rollerblading #38 in Books > Sports & Outdoors > Individual Sports > Rollerskating &

Rollerblading #100 in Kindle Store > Kindle Short Reads > 15 minutes (1-11 pages) > Sports & Outdoors

Customer Reviews

Not as useful as I would have hoped.

[Download to continue reading...](#)

Spin to Win: A Roller Derby Lesson Plan, Emphasizing Spin Techniques for Blockers & Jammers

(Encyclopedia Skate-annica Book 1) A Friendly Frolic: A Roller Derby Lesson Plan, Emphasizing Partner Blocking Technique EveryGirl's Guide to Roller Derby: A Navigational Guide through the World of Roller Derby Derby Life: A Crash Course in the Incredible Sport of Roller Derby Down and Derby: The Insider's Guide to Roller Derby Eight-Wheeled Freedom: The Derby Nerd's Short History of Flat Track Roller Derby Skating School: White Skate Wishes: White Skate Wishes Thrasher Presents: How to Build Skateboard Ramps, Halfpipes, Boxes, Bowls and More (Skate My Friend, Skate) Hawk: Occupation: Skateboarder (Skate My Friend, Skate) Jam Like a Rhino (1/2): Roller Derby Jamming Techniques to Devastate Opponents' Walls Teach Someone to Roller Skate - Even Yourself! Skate Crazy: Amazing Graphics from the Golden Age of Roller Skating Flat Track Fashion: The Roller Derby Look Book The Sugar Blockers Diet:Â Â The Doctor-Designed 3-Step Plan to Lose Weight, Lower Blood Sugar, and Beat Diabetes--While Eating the Carbs You Love Five Strides on the Banked Track: The Life and Times of the Roller Derby Roller Derby 101: The Fresh Meat Training Manual: 2017 Edition The Roller Derby Athlete Bay Area Roller Derby (Images of America) My BoutBook: A Roller Derby Logbook Roller Derby 101: The Fresh Meat Training Manual

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)