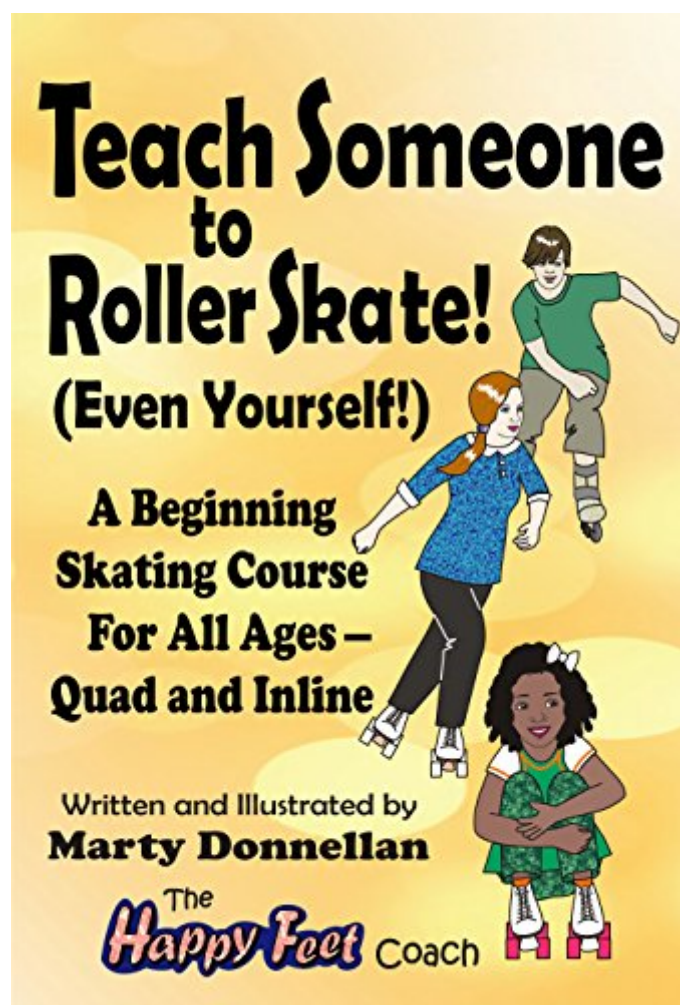


The book was found

Teach Someone To Roller Skate - Even Yourself!



Synopsis

Marty Donnellan has worked as a professional roller skating coach at rinks around Atlanta, GA, USA. She has taught scores of people the art of indoor skating, and many others how to improve their skating. "Teach Someone to Roller Skate - Including Yourself!" is a complete curriculum for a four- to six-week beginning indoor roller skating course for all ages. Most of the illustrations picture students on quad skates, but most of the basic positions, postures, and techniques described apply equally to quad skates, inline skates, and ice skates. Differences are noted in the text, such as the location of brakes. This book does NOT cover outdoor skating, where you must learn to negotiate hills. Marty has used the course with both individual skaters of all ages, and school PE groups. It makes a great gift for parents whose kids are approaching skating age. By studying Marty's clear text and engaging illustrations, you, too, can now teach someone to roller skate - including yourself or your child - with no professional instructor present. Or, you can build on existing skills. These are the same skills taught to beginning ice skating students. And, with the exception of navigating hills, all of the skills taught are transferable to beginning inline skating. Below are some of the topics covered:

- Styles of skates and skating
- Beginning skating positions and postures
- How to keep from falling
- How to rise from a fall
- How to build up speed
- Four ways to stop
- Avoiding common bad habits
- Working with older adults
- Working with preschoolers
- Gliding on one foot
- Introduction to Edges
- How to carve, pump, swizzle & scissor
- How to do crossovers
- Beginning backwards skating
- Beginning intermediate skills such as the Mohawk turn and two-footed spin
- Exercises to practice on and off skates
- Complete checklist of beginning skills
- Troubleshooting pain while skating
- Coloring pages for young skaters...

And more! So get your skates on and get started with Coach Marty!

Book Information

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Rollerblading #160 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise &

Fitness > Aerobics

Customer Reviews

I brought this book as a reference to relearn how to quad skate as an adult at my local roller rink. Provides great information on skating techniques and the safe proper way to roller skate. I wish I had this book when I was a kid ! I highly recommend it.

This book is excellent for the beginner, or someone brushing up on forgotten abilities. The illustrations are particularly helpful. I found this book to be more helpful than watching a bunch of supposedly instructional videos, The price is a joke! Buy it.

Too little information about inline skating

Great book on basic skills - although if you are looking for more complex information on transitions, etc., you may need to look further!

The book is easy to follow and gives great tips. A very small investment for a lot of fun. You won't be disappointed.

The material covered is elementary

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Dirty One Line Jokes, Even Shorter, Even Funnier Spin to Win: A Roller Derby Lesson Plan, Emphasizing Spin Techniques for Blockers & Jammers (Encyclopedia Skate-annica Book 1) Skate Crazy: Amazing Graphics from the Golden Age of Roller Skating Understand Postmodernism: A Teach Yourself Guide (Teach Yourself: General Reference) Complete Portuguese: A Teach Yourself Guide (Teach Yourself Language) Complete Spanish with Two Audio CDs: A Teach Yourself Guide (Teach Yourself Language) Alfred's Teach Yourself to Play Mandolin: Everything You Need to Know to Start Playing Now! (Teach Yourself Series) Alfred's Teach Yourself to Play Banjo: Everything You Need to Know to Start Playing the 5-String Banjo, Book, CD & DVD (Teach Yourself Series) Alfred's Teach Yourself to Play Mandolin: Everything You Need to Know to Start Playing Now!, Book, CD & DVD (Teach Yourself Series) Alfred's Teach Yourself to Play Piano: Everything You Need to Know to Start Playing Now!, Book & Online Audio (Teach Yourself Series) Alfred's Teach Yourself to Play Harmonica: Everything You Need to Know to Start Playing Now! (Teach Yourself Series) Alfred's Teach Yourself to Play Harmonica: Everything You Need to Know to Start Playing Now!, Book & Harmonica (Teach Yourself Series) Alfred's Teach Yourself to Play Recorder: Everything You Need to Know to Start Playing Now! (Teach Yourself Series) Alfred's Teach Yourself to Play Bass: Everything You Need to Know to Start Playing Now!, Book & DVD (Teach Yourself Series) Teach Yourself French Conversation (3CDs + Guide) (Teach Yourself: Language) Teach Yourself French (Teach Yourself Complete Courses)

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