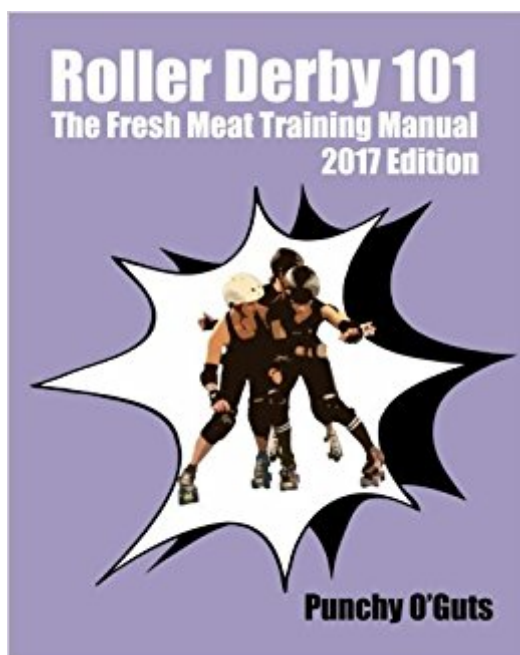


The book was found

# Roller Derby 101: The Fresh Meat Training Manual: 2017 Edition



## Synopsis

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!

## Book Information

Paperback: 196 pages

Publisher: CreateSpace Independent Publishing Platform (December 31, 2016)

Language: English

ISBN-10: 1541250850

ISBN-13: 978-1541250857

Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #895,512 in Books (See Top 100 in Books) #13 in [Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading](#)

## Customer Reviews

Fantastic Roller Derby book for leagues wanting to develop their fresh meat sessions. Easy to delegate well described session plans to newer coaches. We have been using Punchy's program for 3 years and has helped our whole league step up their game. Lots of additional info in this too making assessments heaps easier! Thanks Punchy, for putting together another great book!

Great guide for Fresh Meat Coaches! Well organized, easily adapted, and much appreciated. Detailed lesson plans, skills assessment checklists, and sample forms to modify. Highly recommended to ensure a successful program for any roller derby team.

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

Roller Derby 101: The Fresh Meat Training Manual: 2017 Edition Roller Derby 101: The Fresh Meat Training Manual Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat:The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 EveryGirl's Guide to Roller Derby: A Navigational Guide through the World of Roller Derby Smoking Meat: The Best Recipes Of Smoked Meat: Unique Smoking Meat Cookbook [ Top 25 Most Delicious Smoked Meat Recipes ] ( A Barbecue Cookbook ) (A Unique Barbecue Guide) ( 25+2 Best Recipes ) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) 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 Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Smoking Fish vs Meat: The Best Recipes Of Smoked Food: [Unique Smoking Meat Cookbook, Top Delicious Smoked Meat Recipes,Barbecue Smoker Cookbook, A Unique Barbecue Guide, Best Recipes of Smoked Fish] The Business of Roller Derby: Developing an Efficient Training Committee Shut Up & Sk8: Roller Derby 101 Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Five Strides on the Banked Track: The Life and Times of the Roller Derby The Roller Derby Athlete Bay Area Roller Derby (Images of America)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)