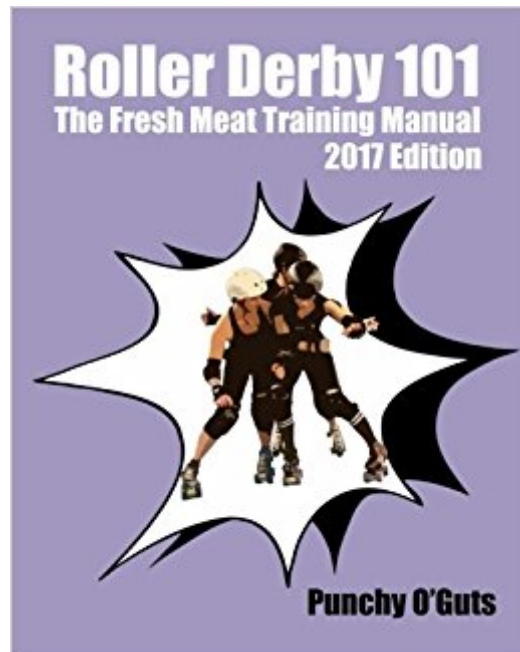




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Roller Derby 101: The Fresh Meat Training Manual: 2017 Edition



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

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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.

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