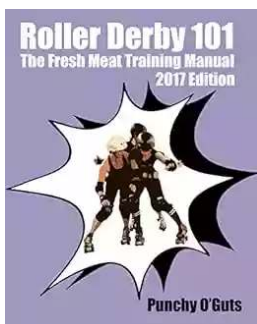
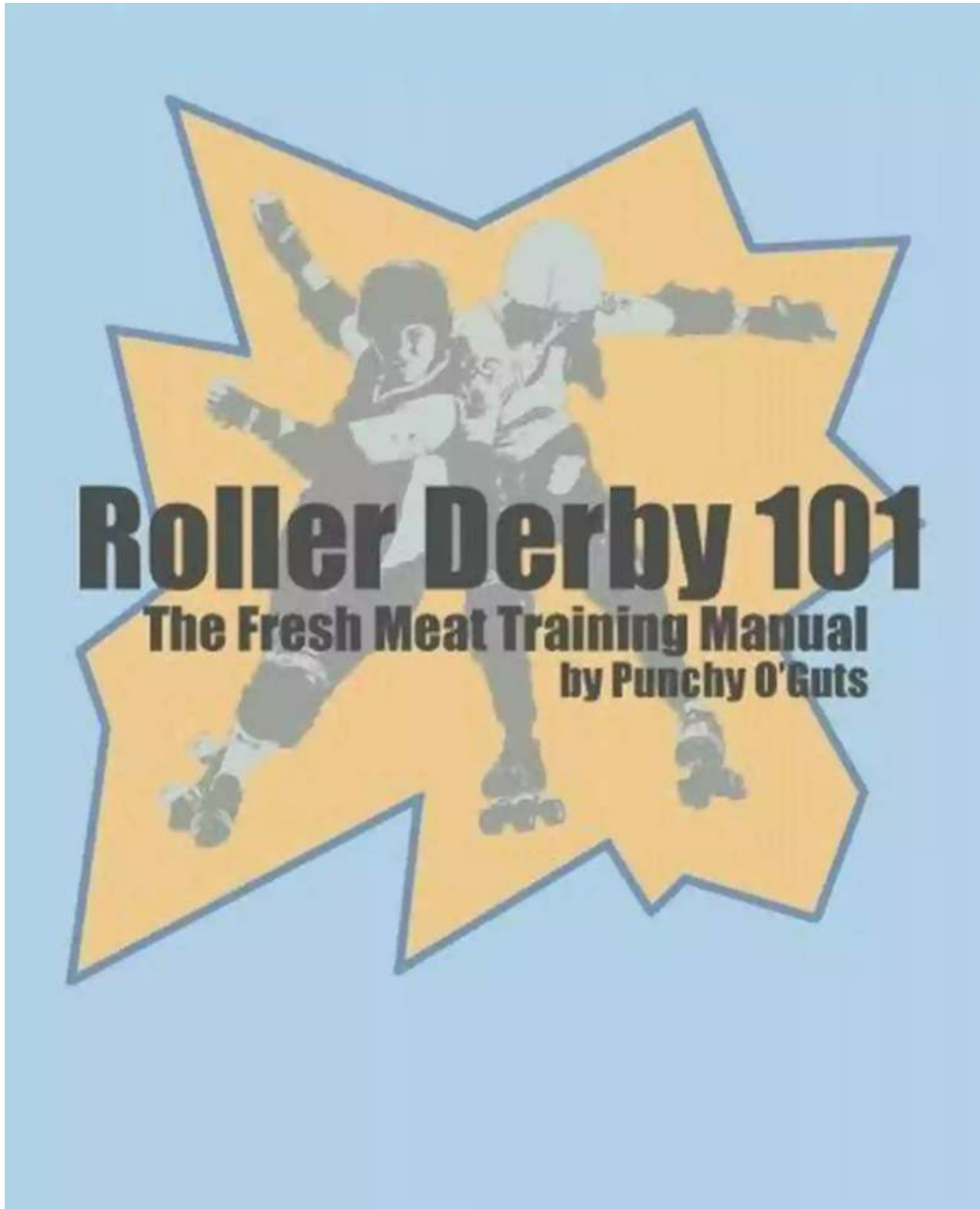


Roller Derby 101: The Fresh Meat Training Manual 2017 Edition

Are you ready to dive into the thrilling world of roller derby? Look no further! The Roller Derby 101: The Fresh Meat Training Manual 2017 Edition is here to guide you through the exciting journey of becoming a roller derby superstar.

Roller derby is an exhilarating contact sport that combines speed, strategy, and agility. It's a sport where players, known as roller derby athletes, skate around a track while trying to outmaneuver and outscore their opponents. If you've ever watched a roller derby bout and found yourself amazed by the speed, strength, and skill of the athletes, it's time for you to join the action!



**Roller Derby 101: The Fresh Meat Training Manual:
2017 Edition** by Sammy Franco(Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 1250 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled

Print length : 251 pages
Lending : Enabled



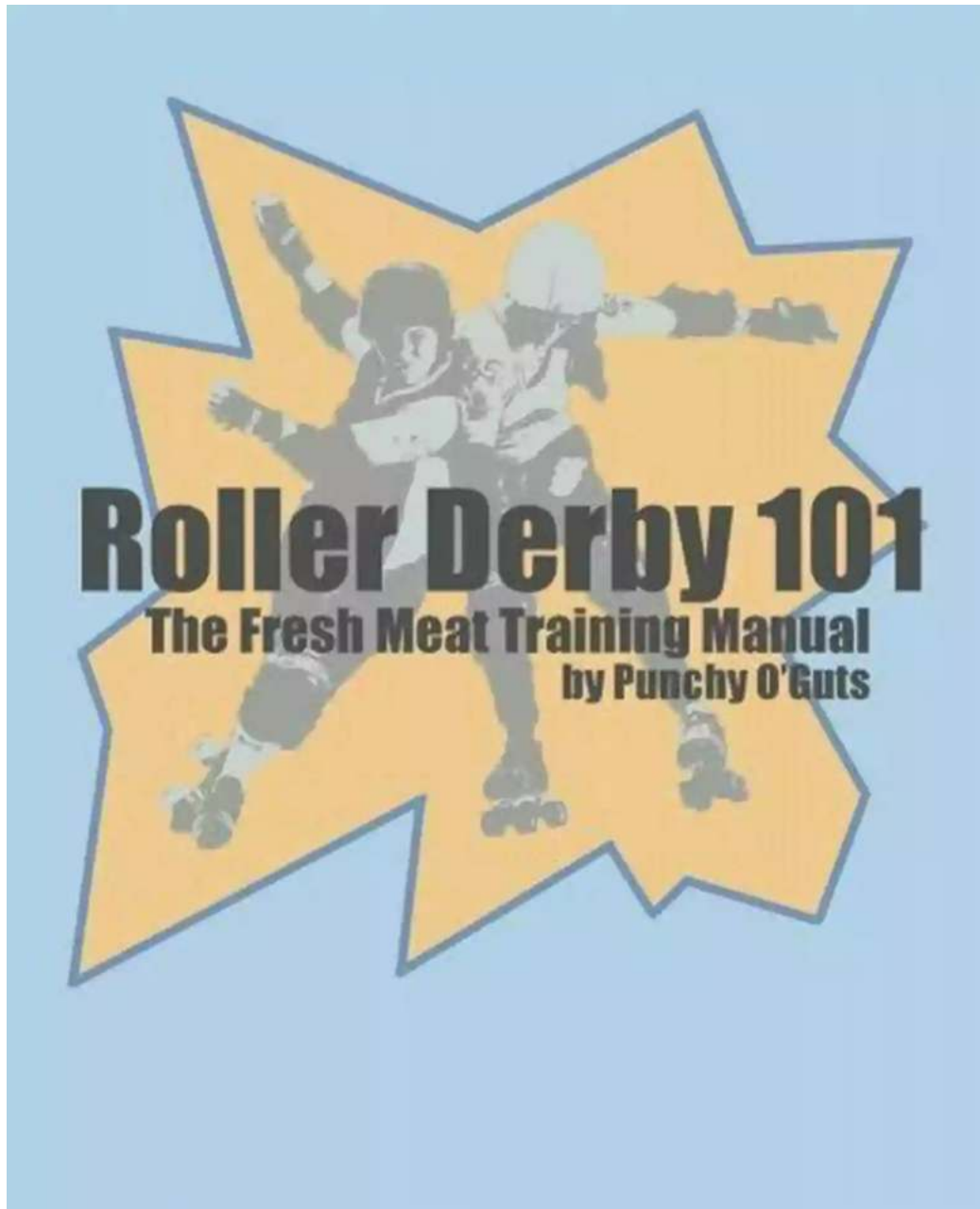
The Roller Derby 101: The Fresh Meat Training Manual 2017 Edition is designed specifically for beginners who are eager to learn the fundamentals of the sport. Whether you have little to no skating experience or are already a seasoned skater, this comprehensive guide will help you develop the skills and knowledge needed to excel in roller derby.

What is included in the training manual?

The training manual covers all aspects of roller derby, starting with the basics. It includes detailed information on roller derby gear, such as helmets, knee pads, elbow pads, and wrist guards, explaining the importance of protective equipment and how to choose the right gear for your needs.

The manual also provides step-by-step instructions on skating techniques, from basic strides to more advanced moves like crossovers and transitional skating. Each technique is accompanied by descriptive images and diagrams, ensuring that you can easily follow along and master the skills.

As you progress through the training manual, you'll delve into the strategic elements of roller derby. Learn about pack formation, blocking techniques, and positional play. Discover how to effectively communicate with your teammates and coordinate your actions on the track to score points and defend against the opposing team.



In addition to the physical aspects of roller derby, the manual also covers the mental and emotional aspects of the sport. Gain insight into maintaining a positive mindset, building confidence, and overcoming obstacles that may arise during your roller derby journey.

Why choose the Roller Derby 101 training manual?

The Roller Derby 101: The Fresh Meat Training Manual 2017 Edition stands out from other resources due to its comprehensive nature. It covers everything you need to know to start your roller derby journey, from beginner-level skills to advanced strategies.

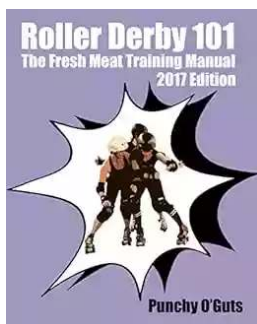
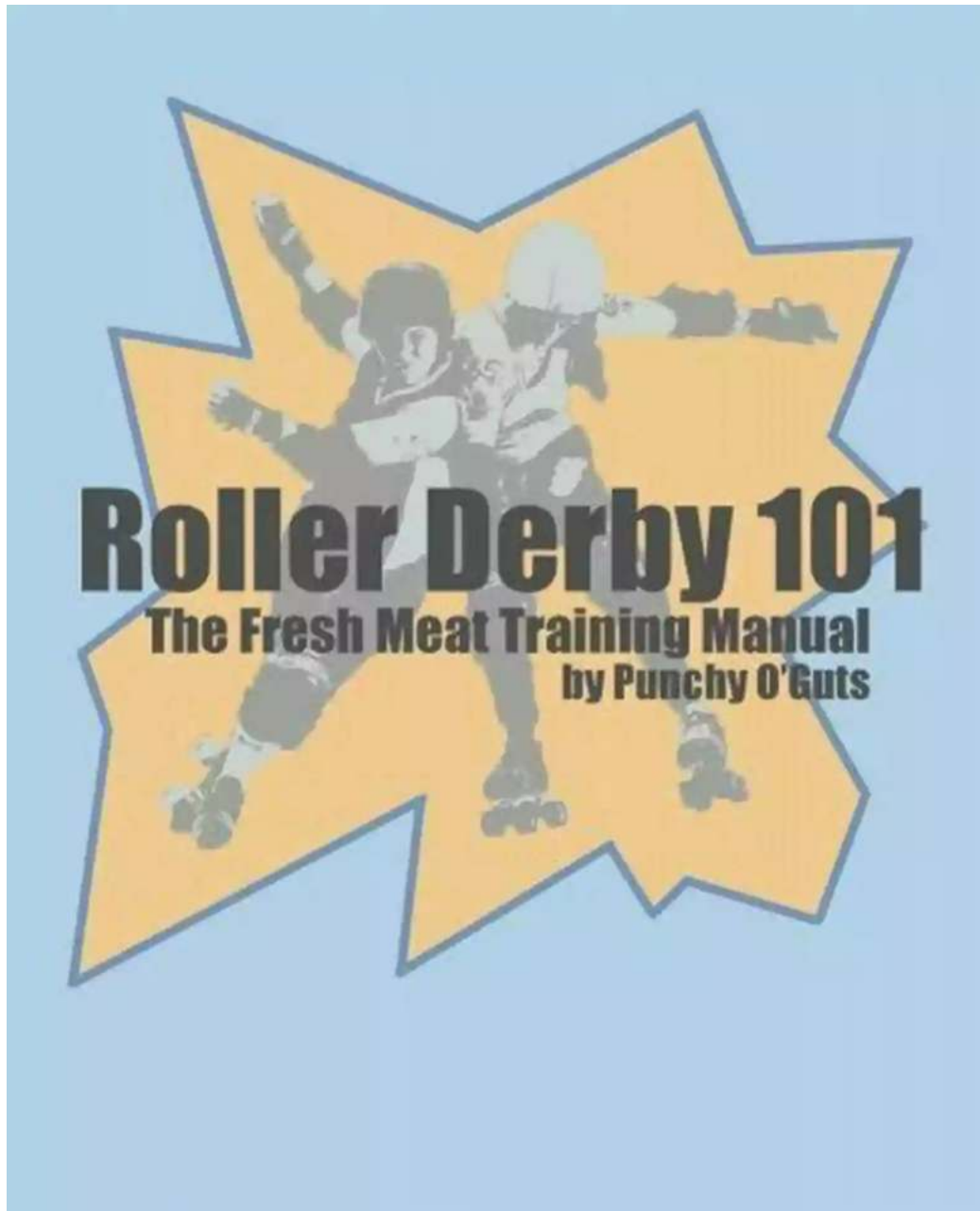
The manual is written by experienced roller derby athletes who have a deep understanding of the sport. Their expertise is evident in the clear and concise explanations of each skill and technique. With their guidance, you'll progress quickly and confidently.

The manual is also designed with usability in mind. It is formatted in HTML, ensuring that it can be easily accessed and read on any digital device. The long descriptive alt attribute keywords incorporated in the images make the guide accessible for visually impaired individuals who rely on screen readers.

Get your copy now and start your roller derby journey!

The Roller Derby 101: The Fresh Meat Training Manual 2017 Edition is the ultimate resource for anyone interested in roller derby. Whether you aspire to join a local league, compete at a national level, or simply want to learn a new and exciting sport, this manual has got you covered.

Don't miss out on the opportunity to become a part of the roller derby community. Get your copy of the Roller Derby 101: The Fresh Meat Training Manual 2017 Edition today and start your roller derby journey towards becoming a skilled and confident roller derby athlete.



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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!



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