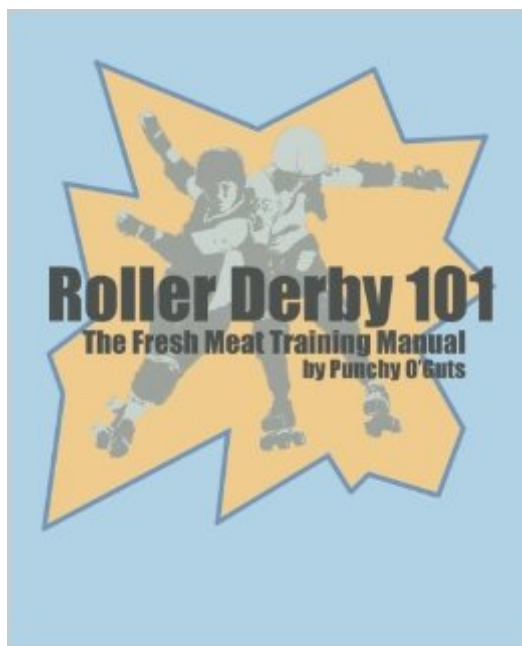


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# Roller Derby 101: The Fresh Meat Training Manual



## Synopsis

Roller Derby 101: The Fresh Meat Training Manual is a twenty-two class curriculum to teach basic skating skills, pack skating, assisting, and blocking - all the skills needed before passing a skater to scrimmaging. The manual provides step-by-step, detailed class itineraries that include a warm-up, drills to accompany the theme of the class, and homework. The manual also includes assessment templates, a drill index, and suggestions for Fresh Meat try-outs, orientation, and exit interview.

Roller Derby 101 is everything a coach needs to transform Fresh Meat skaters into derby machines!

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #328,920 in Books (See Top 100 in Books) #7 in [Books > Sports & Outdoors](#)  
> Individual Sports > Rollerskating & Rollerblading

## Customer Reviews

This book is a must have for all fresh meat trainers. Punchy covers everything . This takes your fresh meat past just passing their skills test and it gives your league another much needed stage to add to your training.

As a coach on a very newly established league we weren't really sure how to go about training our fresh meat, having basically taught ourselves everything from YouTube. This book covers pretty much everything you will need to know, I highly recommend. There are some things that are a little advanced for freshies, but that just means you have things you can teach further down the track.

As a new junior derby coach this was a great basic training tool. I like how it broke down various rules, practice times, and drills.

I like how this is set up step by step, however its hard to follow when you have people skating with

such different levels. Like I don't see where they teach cross overs, but they want you to do your laps and endurance. you need to know your cross overs first.

Very very useful and complete. not only will we use it for our fresh meat, but our veterans have practiced several of the drills here also! it is very helpful to us, a league in the middle of nowhere with no other help what so ever.

I was hoping for a few more basic skills in the first half of the book, transitions specifically and maybe a different way to incorporate them into practice. Overall, it's a good place to start you adventures in roller derby.XOX

Easy to follow with a lot of great information. I used it the first night I had it and the practice seemed to flow a little smoother.

If you have no idea or have experience this little book packs it all in: Basics with descriptions, a planned layout with testing, and sound advice. You can't go wrong adding this to your training material.

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