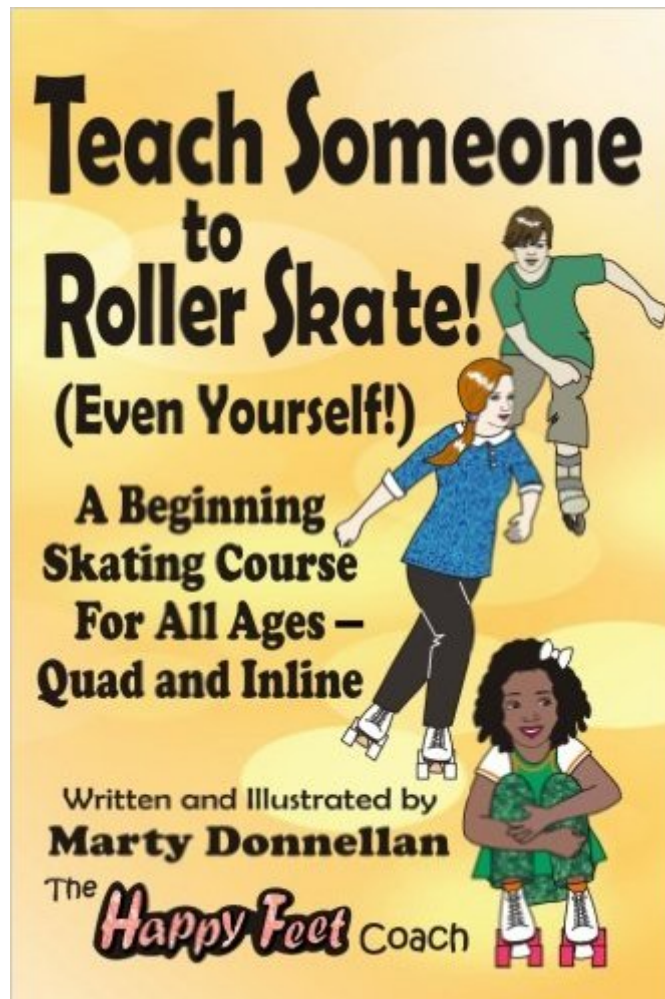


The book was found

Teach Someone To Roller Skate - Even Yourself!



Synopsis

Marty Donnellan has been a roller skating coach at rinks around Atlanta, Georgia, USA. She has taught scores of people how to skate, and many others how to improve their skating. "Teach Someone to Roller Skate - Even Yourself!" is a complete curriculum for a beginning roller skating course for children through adult. By studying Marty's clear text and engaging illustrations, you, too, can now teach someone to roller skate - including yourself or your child - with skill and enjoyment. Or, you can build on existing skills. Most of the skills taught are transferrable to beginning outdoor inline skating and even beginning ice skating. Below are some of the topics covered: Styles of skates and skating - Safety - Beginning and intermediate skating positions and postures - How to keep from falling - How to rise from a fall - How to build up speed - Avoiding common bad habits - Four ways to stop - Gliding on one foot - How to carve, pump, swizzle, scissor, and do crossovers - Beginning skills especially for older students - How to teach children under five - Two methods for beginning backwards skating - Beginning intermediate skills such as the Mohawk turn and two-footed spin - Edges - Exercises and drills to practice on and off skates - Checklist of beginning skills - Troubleshooting pain while skating... ..And more! No matter where you intend to take your new sport - figure skating, speed skating, jam skating, roller hockey or derby - this book will help you get started. So let's get our skates on and get started!

Book Information

Paperback: 104 pages

Publisher: Pine Cone Press; 1 edition (February 26, 2013)

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Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (5 customer reviews)

Best Sellers Rank: #1,381,127 in Books (See Top 100 in Books) #27 in Books > Sports &

Outdoors > Individual Sports > Rollerskating & Rollerblading

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.

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

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

The material covered is elementary

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Teach Someone to Roller Skate - Even Yourself! 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 EveryGirl's Guide to Roller Derby: A Navigational Guide through the World of Roller Derby Teach Yourself VISUALLY Apple Watch (Teach Yourself VISUALLY (Tech)) Teach Yourself VISUALLY iPad: Covers iOS 9 and all models of iPad Air, iPad mini, and iPad Pro (Teach Yourself VISUALLY (Tech)) Teach Yourself VISUALLY iMac (Teach Yourself VISUALLY (Tech)) Teach Yourself VISUALLY MacBook (Teach Yourself VISUALLY (Tech)) Teach Yourself VISUALLY iPad: Covers iOS 8 and all models of iPad, iPad Air, and iPad mini (Teach Yourself VISUALLY (Tech)) Teach Yourself VISUALLY MacBook (Teach Yourself VISUALLY Consumer) Teach Yourself Visually iPod Touch (Teach Yourself VISUALLY (Tech)) by Hart-Davis, Guy published by John Wiley & Sons (2013) Teach Yourself VISUALLY Macs (Teach Yourself VISUALLY (Tech)) Sams Teach Yourself Google Analytics in 10 Minutes (Sams Teach Yourself -- Minutes) Teach Yourself VISUALLY iPhone 6s: Covers iOS9 and all models of iPhone 6s, 6, and iPhone 5 (Teach Yourself VISUALLY (Tech)) Teach Yourself VISUALLY Android Phones and Tablets (Teach Yourself VISUALLY (Tech)) Teach Yourself VISUALLY Windows 10 (Teach Yourself VISUALLY (Tech)) Gmail in 10 Minutes, Sams Teach Yourself (2nd Edition) (Sams Teach Yourself -- Minutes) Gmail in 10 Minutes, Sams Teach Yourself (Sams Teach Yourself -- Minutes) Android Application Development in 24 Hours, Sams Teach Yourself (3rd Edition) (Sams Teach Yourself -- Hours) Teach Yourself VISUALLY OS X El Capitan (Teach Yourself VISUALLY (Tech))

