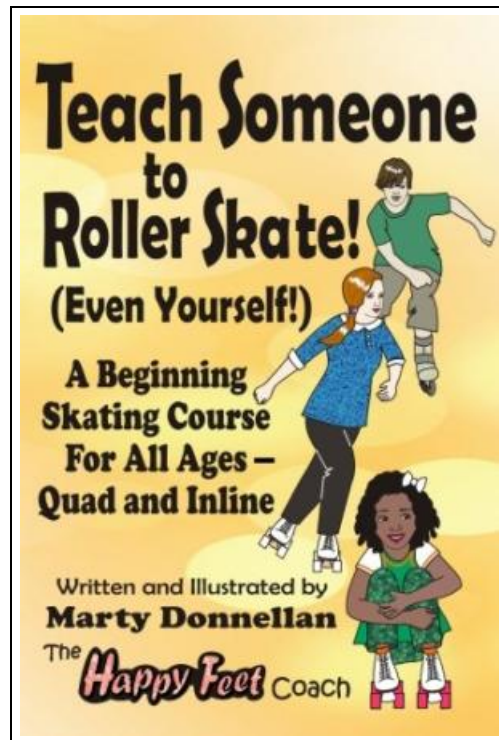


Teach Someone to Roller Skate - Even Yourself! (Paperback)



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TEACH SOMEONE TO ROLLER SKATE - EVEN YOURSELF! (PAPERBACK)



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Pine Cone Press, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Marty Donnellan has worked as a professional roller skating coach at rinks around Atlanta, GA, USA. She has taught scores of people the art of indoor skating, and many others how to improve their skating. Teach Someone to Roller Skate - Including Yourself! is a complete curriculum for a four- to six-week beginning indoor roller skating course for all ages. Most of the illustrations picture students on quad skates, but most of the basic positions, postures, and techniques described apply equally to quad skates, inline skates, and ice skates. Differences are noted in the text, such as the location of brakes. This book does NOT cover outdoor skating, where you must learn to negotiate hills. Marty has used the course with both individual skaters of all ages, and school PE groups. It makes a great gift for parents whose kids are approaching skating age. By studying Marty s clear text and engaging illustrations, you, too, can now teach someone to roller skate - including yourself or your child - with no professional instructor present. Or, you can build on existing skills. These are the same skills taught to beginning ice skating students. And, with the exception of navigating hills, all of the skills taught are transferable to beginning inline skating. Below are some of the topics covered: Styles of skates and skating Beginning skating positions and postures How to keep from falling How to rise from a fall How to build up speed Four ways to stop Avoiding common bad habits Working with older adults Working with preschoolers Gliding on one foot Introduction to Edges How to carve, pump, swizzle scissor How to do crossovers Beginning backwards skating Beginning intermediate skills such as...



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