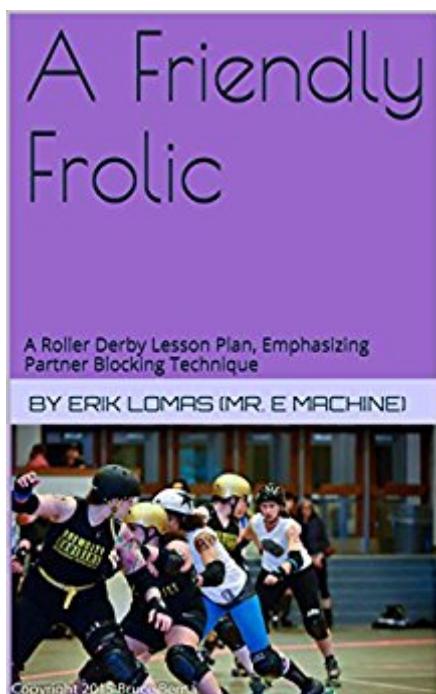


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A Friendly Frolic: A Roller Derby Lesson Plan, Emphasizing Partner Blocking Technique



Synopsis

This lesson plan is closely modeled after a clinic I attended at Beat Me Halfway 2014. The clinic was called "That's What Friends Are For" and was designed and run by Quadzilla LK. As the name implies, the lesson deals extensively with teamwork. It provides "Tractor/Trailer" techniques that, when executed properly, helps your blocking corps become more than the sum of its parts.

Book Information

File Size: 489 KB

Print Length: 11 pages

Publication Date: June 13, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00ZMO4GU0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #818,923 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Rollerskating & Rollerblading #36 in Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading #91 in Kindle Store > Kindle Short Reads > 15 minutes (1-11 pages) > Sports & Outdoors

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