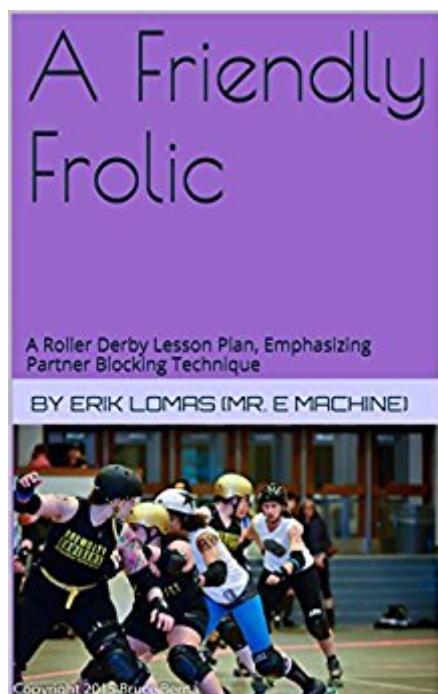


The book was found

# 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

[Download to continue reading...](#)

A Friendly Frolic: A Roller Derby Lesson Plan, Emphasizing Partner Blocking Technique Spin to Win: A Roller Derby Lesson Plan, Emphasizing Spin Techniques for Blockers & Jammers (Encyclopedia Skate-annica Book 1) EveryGirl's Guide to Roller Derby: A Navigational Guide through the World of Roller Derby Derby Life: A Crash Course in the Incredible Sport of Roller Derby Down and Derby: The Insider's Guide to Roller Derby Eight-Wheeled Freedom: The Derby Nerd's Short History of Flat Track Roller Derby Rufus and the Very Special Baby: A Frolic Christmas Story (Frolic First Faith) Five Strides on the Banked Track: The Life and Times of the Roller Derby

Roller Derby 101: The Fresh Meat Training Manual: 2017 Edition The Roller Derby Athlete Bay Area Roller Derby (Images of America) My BoutBook: A Roller Derby Logbook Roller Derby 101: The Fresh Meat Training Manual Scars & Stripes: The Culture of Modern Roller Derby EveryGirl's Guide to Roller Derby The Business of Roller Derby: Setting and Achieving Individual Goals Flat Track Fashion: The Roller Derby Look Book The Business of Roller Derby: Choosing a Team Structure Roller Derby: The History and All-Girl Revival of the Greatest Sport on Wheels The Business of Roller Derby: Developing an Efficient Training Committee

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)