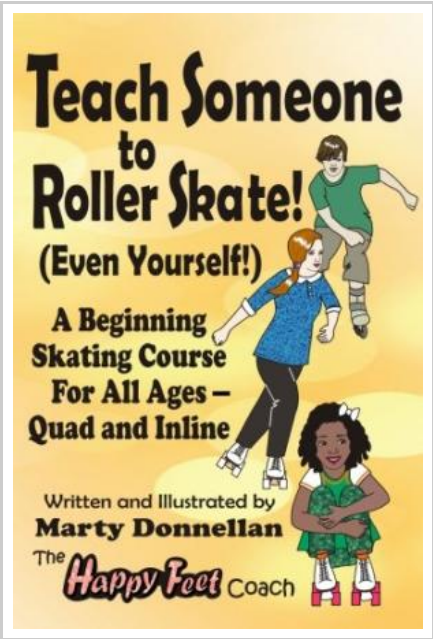


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Teach Someone to Roller Skate - Even Yourself

By Marty Donnellan

Pine Cone Press. Paperback. Book Condition: New. Marty Donnellan (illustrator). Paperback. 104 pages. Dimensions: 8.9in. x 5.9in. x 0.6in.Marty Donnellan has years of experience as 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 Martys 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. Many 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 - 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...

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