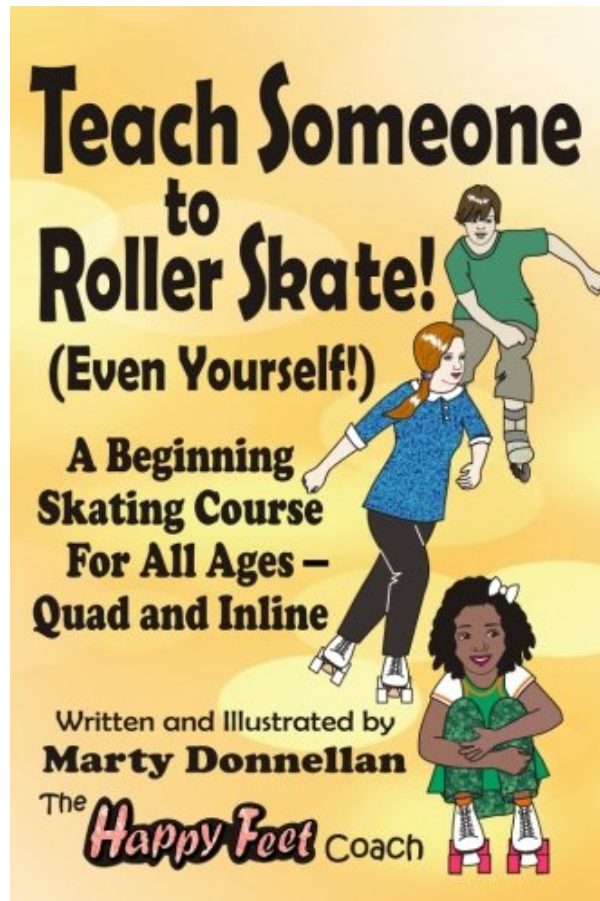


TEACH SOMEONE TO ROLLER SKATE - EVEN YOURSELF! BY MARTY DONNELLAN



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(Even Yourself!)

A Beginning
Skating Course
For All Ages –
Quad and Inline

Written and Illustrated by
Marty Donnellan

The **Happy Feet** Coach



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About the Author

Marty Donnellan is a lifelong resident of Atlanta, GA, USA. She is a writer, doll maker, skater and skating teacher, grain growing enthusiast and founder/director of Joy Community Kitchen, Inc., a 501(c)3 non-profit food charity. She is the author of eight books - four set in the fictional world of *frendibles*, two "how-to" manuals, and two murder mysteries.

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TEACH SOMEONE TO ROLLER SKATE - EVEN YOURSELF!

BY MARTY DONNELLAN PDF

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!

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About the Author

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Great Book for learning or relearning how to skate

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