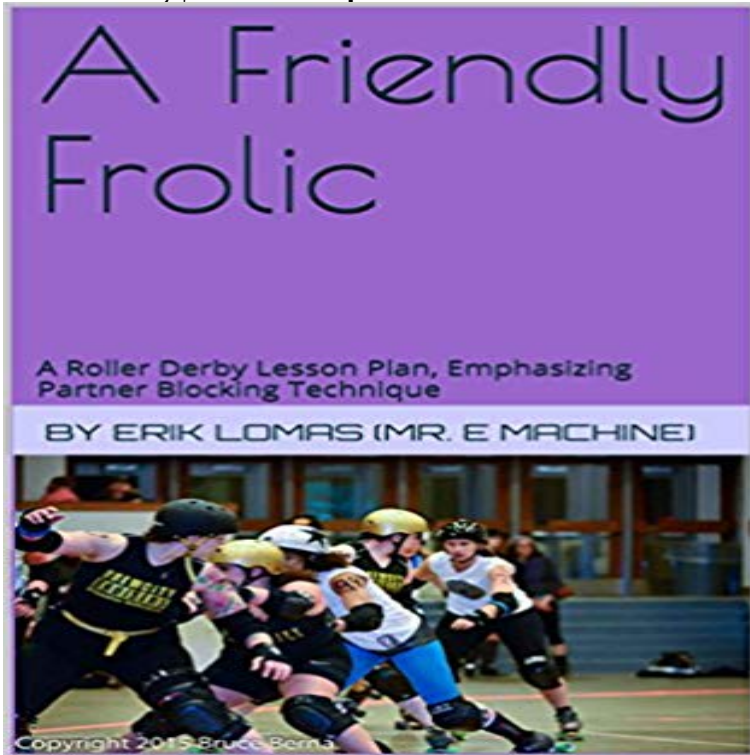


A Friendly Frolic: A Roller Derby Lesson Plan, Emphasizing Partner Blocking Technique



This lesson plan is closely modeled after a clinic I attended at Beat Me Halfway 2014.

The clinic was called Thats 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.

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