



GLASGOW ROLLERDERBY | GUEST COACHING SESSIONS

BEGINNER | PASS YOUR MINIMUM SKILLS

STOPS | STRIDE | LATERALS

INTERMEDIATE | SKILLS FOR MAKING THE TRAVEL TEAM

HOCKEY STOPS | EDGE WORK | AGILITY

ADVANCED | SKILLS FOR ALL STARS AND COACHES

EFFECTIVE OFFENSE | MENTAL CONDITIONING | ADVANCED PACKWORK

WE CAN PROVIDE ANY OF THE ABOVE SESSIONS OR FEEL FREE TO ASK FOR A SPECIFIC TAYLORED SKILL SESSION FOR YOUR LEAGUE'S NEEDS.

PLEASE GET IN CONTACT AT interleagueliaison@glasgowrollerderby.com

OR  FACEBOOK/GLASGOWROLLERDERBY

COACHING | WHAT TO EXPECT

COMMUNICATION | MENTAL CONDITIONING | OFF SKATES FITNESS

GLASGOW ROLLERDERBY'S TRAINING COMMITTEE IS OFFERING GUEST COACHING SESSIONS FOR ALL LEAGUES. WE HAVE A DEPTH OF COACHING SKILL WHICH INCLUDES SKATERS WHO HAVE COMPETED FOR SCOTLAND, ENGLAND AND ALL-IRELAND AT THE WOMENS WORLD CUP, COMPETED IN DIV 1 AND 2 WFTDA USA TOURNAMENTS, PART OF THE UKRDA PREMIER LEAGUE AND COMPETED AT WFTDA PLAYOFFS AND CHAMPIONSHIPS FOR THE NUMBER 4 TEAM IN WFTDA.

WHAT WE AIM TO BRING YOUR LEAGUE IS THE ABILITY TO TAKE SKILLS WE INTRODUCE FORWARD IN YOUR TRAINING PLANS AND DRILLS TO ADVANCE THEM FOR YOUR TEAMS NEEDS.

WE CAN OFFER JAMMER, BLOCKER OR TEAM SPECIFIC SKILLS SESSIONS ALONGSIDE OFF SKATES AND MENTAL CONDITIONING WORKSHOPS.

IF YOU ARE A NEW LEAGUE STARTING OUT SEEKING STRUCTURED HELP GETTING BOUT READY OR A REGULAR BOUTING LEAGUE WANTING TO TAKE THE NEXT STEP TO ADVANCING YOUR ALL STAR TEAM'S GOALS AND ASPIRATIONS GLASGOW ROLLER DERBY CAN PROVIDE COACHING FOR YOUR NEEDS.

PRICE STRUCTURE

COACHING (BASED ON 1 COACH) £30 PER HOUR *
+ EXPENSES

* IF YOUR LEAGUE NUMBERS ARE OVER 30 WE MAY NEED TO SEND AN ADDITIONAL COACH FOR AN EXTRA FEE OF £10 PER HOUR +EXPENSES.

ADDITIONAL COACHES CAN ALSO ATTEND UPON REQUEST. THE COST CAN BE NEGOTIATED BASED ON IF THEY ARE COACHING SEPARATE SESSIONS OR JUST ASSISTING THE OTHER COACH IN THE ONE SESSION.

GET IN TOUCH AT interleagueliason@glasgowrollerderby.com