



## **11 GOOD REASONS ...**

to use the world's most comprehensive inline skating manual.

### **...THE FIRST**

The first chapter gives an overview, with working proposals describing all the basic fundamentals of inline skating. It is an essential knowledge for all coaches who follow the introductory activity in sports associations and in schools.

### **... THE SECOND**

The second chapter gives more detailed information, and proposes more advanced-level exercises: a useful practical tool for coaches who are preparing to approach competitive activities.

### **... THE THIRD**

The most practical tool for the coach has been prepared: the information sheet section.

100 information sheets with 100 exercises, which stimulate learning the technique with a multilateral approach. This is Chapter 10 in the Italian version, and Chapter 3 in the German version.

### **... THE FOURTH**

Simplifying a true science: the teaching method. You will find a responsible way to explain your "commonsense" when teaching. Teaching means transmitting to others: a quality that cannot be missing or inadequate for anyone dealing with "human resources". This is Chapter 9 in the Italian version and Chapter 4 in the German version.

### **... THE FIFTH**

The uninterrupted participation in the World Championships since 1992, video filming, technical analysis of the images, the preparation of video teaching material and co-operation in bio-mechanical studies have enabled the high-level technique to be described in simple terms. Carefully read the section dedicated to the straight line push for speed trials.

### **... THE SIXTH**

The first world study that focuses on the double push. Work that dates back to 1994-1995. A detailed, long and difficult analysis, based on the achievements of the outstanding Chad Hedrick.

### **... THE SEVENTH**

A detailed analysis of the technique used most frequently by inline skating athletes: the double push. A precise and thorough description of the movement and the correlation between the lower limbs during the action. A "perfect photocopy" is represented in 2004 at the world championships in Venezuela, when Joey Mantia enters the world scene.

### **... THE EIGHTH**

Everything that needs to be known to approach correctly the most difficult sector for the skater: the bends. The parallel turning and the cross-over technique are described very precisely, and there are sequence images to facilitate the interpretation of a complex movement. The chapter includes detailed comments to appreciate the correct interpretation of the movement.

### **... THE NINTH**

You will find a chapter dedicated to the choice of the bend trajectories on a raised track, when preparing to overtake. A broad number of case studies to schedule a tactical activities.

### **... THE TENTH**

The description of the start for timed races. Gregory Duggento is the fastest man in the world, with the greatest number of records of all time in the 300 metres and 200 metres races, and has been studied down to the smallest detail, enabling to "subdivide" into simple movements an action that is extremely difficult to execute.

### **... THE ELEVENTH**

The "skate system" is described down to the smallest feature, from the boot to the frame, from the wheels to the bearings, from assembly to maintenance. Reading the chapter will guide the buyer, the coach and the athlete to choose the best skates and gear. More than 100 photographs to help clarify many doubts!

The Italian version does not include the chapter "mechanical means". This chapter can be downloaded from the "studies" section in this web site. In the German version this chapter is the last chapter of the third part of the book.

**... are you still thinking whether this book can be useful for you?**