

ATTACHMENT 4



EXAMPLE: MTB SESSION PLAN 1

COACH <<NAME>>	TIME <<ONE HOUR>>am/pm	VENUE <<CLUB NAME / ADDRESS / LOCATION>>	DATE <<DAY/MONTH/2019>>
SESSION PLAN 1			
RIDERS <ul style="list-style-type: none"> <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> 		Equipment Required: <ul style="list-style-type: none"> Bike, helmet, shoes Cones, First Aid Kit 	

Session Format:

MTB Skills – Session 1

- 09h00 – briefing & safety
- 09h10 – warm up
- 09h15 – 1st skill: Balance & Control
- 09h20 – 2nd skill: Braking
- 09h30 – 3rd skill: Gearing
- 09h35 – 4th skill: Pedalling/Cadence
- 09h45 – Recap and ensure Paul's happy with the new skills
- 09h50 – Continue to practice or intro of 5th skill: Cornering
- 09h55 – Cool down

Session Goals:

- Introduce <<NAME OF RIDER>> to basic MTB'ing skills and increase his general safety awareness and confidence
- For Paul to have grasped and demonstrated confidence with at least 2 of the following skills to be taught in the 1 hour session: Balance & Control, Braking, Gearing, Pedalling & Cadence, Cornering

The Session:

Briefing: Explain objectives of the session; establish <<NAME OF RIDER>>'s current level and any concerns; identify any pre-existing injuries

Warm up: Riding for 5min

The Session:

Balance & Control

- Explain concept of: centred on saddle, relaxed legs/arms/hands, strong core, looking ahead
- Shifting weight around bike is important
- Hold bike while rider stands on it (pedals up/down, then level), sway the bike
- Drills: free-wheel downhill in various positions, demonstrating stability/control

Braking

- Explain: Weight centred and low on bike (angle of bike will determine actual body position)
- Arms extended but bent to absorb, looking ahead
- Brake with full hand – risk of hand coming off when hitting a bump
- 1 or 2 finger, light tapping – sensing the brakes, gentle squeezing

Specific Hazards: (in addition to RAMS)

- Discarded bottles/broken glass post Christmas In The Park

Notes:

- Obtain emergency contact
- Do quick safety bike check

- Drills: free-wheel downhill with various options

Gearing

- Use following terminology options to remember: away-hard, close-easy – front chain ring, rear cassette
- Gear levers: R&R – right gear lever is for rear cassette; what's easier to text with, thumb or finger? (thumb for easier gear, finger for harder gear)
- Changing gears on new gradient, do it before the change i.e. when nearing the end of descent, change down before start of climb; not under strain or while static, keep smooth turning
- Drills: riding uphill, static gears first, then changing gears on uphill/downhill circuit

Pedalling & Cadence

- Explain technique: ball of foot on pedal, scraping mud off bottom of shoe
- Remind to activate hamstrings: push AND pull the pedal, smooth revolutions
- Cadence: high versus slow

Recap

- Review skills that have been taught (and continue to practice if required – leave out Cornering)

Cornering

- Setup 2m wide box
- Remove front wheel, spin fast and hold out in front: try turn the wheel and note resistance; lean the wheel and note ease of turn
- Drill: do 'u-turn' in box with lean
- Control speed, steady (not sudden) – brake before corner
- Pedal position: outside pedal is down (putting weight down), inside pedal is up (avoid hitting ground), lean through the corner
- Eyes go where the bike goes – look ahead and around
- Drills: do 'u-turn' in box with variations

Cool down: Riding easily for 5min

Were outcomes achieved / For next session. EXAMPLE COMMENTS:

- ***Was beneficial recapping balance/control & braking technique, and other skills needed work***
- ***Core strength needs work, which will assist more efficient cadence***
- ***Recap gearing, cornering & cadence – progress to hill climb***

Key Learnings By The Coach. [EXAMPLE]:

- ***Gearing: "thumb for easy, finger for hard" only applies to Shimano, NOT SRAM – thumbs for both!!***
- ***Very relaxed and likes to chat – don't rush the session***
- ***Likes to perfect a skill – keep repeating until they get it right***

EXAMPLE