

ATTACHMENT 5



CYCLING
NEW ZEALAND

EXAMPLE: **BMX SESSION PLAN 1**

COACH <<NAME>>	DATE <<DAY/MONTH/2019>>	TIME <<ONE HOUR>>pm	VENUE <<CLUB NAME / ADDRESS / LOCATION>>
EQUIPMENT REQUIRED		RIDERS	
<ul style="list-style-type: none"> • Stop Watch • Markers/Plank • Plank 		<ul style="list-style-type: none"> • <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> • <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> • <<RIDER'S NAME>> (AGE) – () <<PHONE NUMBER>> 	
SESSION FORMAT		SESSION GOALS	
Intro	Discussion prior to each activity with demo – 5mins	<ul style="list-style-type: none"> • Sprocket Riding Skills Development – progress ongoing • Build confidence and develop sense of balance • Build starting gate technique foundations 	
Warm Up	Slow ride		
Skill	Balance Development		
Warm Down	Track laps and mock racing - 5mins		
TECHNIQUES, ACTIVITIES, GAMES AND PHYSICAL TRAINING		POTENTIAL HAZARDS, SOLUTIONS OR ACCIDENTS	
<p>Key Activities:</p> <p>The Slow Ride – 15 Mins</p> <ul style="list-style-type: none"> • Pedal position (Flat – 3 & 9pm) focus and balance while moving • longest time taken between two points (3m) – timed – each rider to get three goes with the goal of extending the time taken with each turn • No foot down • Times recorded in sprocket book <p>Ride the Plank – 15 mins</p> <ul style="list-style-type: none"> • Balance development while moving slowly • Each rider to get three goes - Time starts once front wheel hits plank, with slowest time recorded in sprocket book – time stops when rider fully dismounts plank • Maintain balance over 3m length of plank <p>Gate Practice – 20 Mins</p> <ul style="list-style-type: none"> • Balance and BMX Race Start Development • Introduction of the gate (lights, sound and gate mechanism) • Balancing technique and pedal position demonstration • Balance practical – repetition • Homework 		<ul style="list-style-type: none"> • Falling off potential due to low speed • Warm up on grass field • Safety gear check • First Aid Kit on hand if required • Parents assist <p>NOTES</p> <p>To develop the above skills in conjunction with other 'On Track' techniques, to provide variety and ensure longer term rider engagement. Important riders get the sense they are racing too.</p> <p>To progress balancing skills to greater levels, developing starting technique to prepare for racing events.</p>	
COOL DOWN – Track laps mainly with some gate starts for those that want to try.			

<p>WHAT WENT WELL? FOR EXAMPLE: <i>Suitable session activities for age group. Multiple demonstrations required to get all technique aspects across.</i></p>	
<p>WHAT DO YOU NEED TO CHANGE FOR THE NEXT SESSION? FOR EXAMPLE: <i>More emphasis on gate starts where possible to put balance techniques into practice.</i></p>	

EXAMPLE