

ATTACHMENT 13

Road Cycling Skills Training Session Plan

Cornering and Manoeuvring

Instructor(s)	Date	Time	Venue
Equipment required <ul style="list-style-type: none"> Pen, paper, clipboard Activity notes 40-60 cones or plates Whistle Stopwatch 		Age and group number	
Session Format		Session Goals	
2-3 mins	Introduction	By the end of this module riders will be able to <ul style="list-style-type: none"> corner safely and effectively; maneuver their bicycles; and corner and manoeuver their bicycles around and over obstacles. 	
5-10 mins	Warm up Game from previous session. Box Game, Relays, or Turtle Race.		
5-10 min	Skill and activity instruction		
60 min	Activities below		
3-5 min	Session summary		
Activities		Completed (tick)	Notes
<ul style="list-style-type: none"> Ride the circle 			
<ul style="list-style-type: none"> Gate slalom 			
<ul style="list-style-type: none"> 360 Challenge 			
<ul style="list-style-type: none"> Slalom relays 			
Cool down			
Session Summary			

Activity: Ride in a Circle

Objective

Riders practice a variety of skills in a fun and competitive situation, i.e. mounting, dismounting, getting started, pedaling, turning and braking.

Group management

Bring the whole group together and have them in a semi-circle (so they can all see you) while instruction is given and the rules are explained.

Activity Organization

Set out markers to form a circular course at least 10m in diameter (ideally 15-20m). Use one marker for every rider, i.e. 15 evenly spaced markers for 15 participants.

The course should resemble a clock face.

Rules

- Riders all sit next to a marker, with their bikes on the ground.
- Number riders, e.g. 1-15 (if 15 riders) etc.
- *The coach calls out a number. As the riders' numbers are called they get up, pick up and mount their bicycle, ride around the circle as fast as they can and return to their marker. They then stop, lay their bike down and sit down.*
- *As a competition, the coach calls out multiple numbers at a time (2 or 3). The last rider to finish is eliminated and sits in the middle of the circle.*
- *The elimination continues until one rider is left.*

Safety

- Be clear on what direction the riders are traveling in around the circle.
- If passing another rider, they must do this on the outside.

Technique Points

- Encourage quick mounting (emphasize scoot and mount technique).
- No skidding when stopping. Must utilize controlled braking.
- Lay bikes down on the left side (derailleurs facing up)

Discussion Questions

- What is the best way to get going?
- What gear works best?
- What is the best way to dismount in a fast and controlled manner?

Common Faults

Be wary of riders....

- skidding to a stop;
- jumping off bikes before they have stopped; or
- damaging bikes by throwing them down.

Modifying the Activities

- Manipulate calls so that riders of similar ability race each other.
- Change the size of the circle to make it easier or harder (physically).
- Run it as teams of 3 rather than individuals (turning it into a team pursuit).

NOTES:

Activity: Gate Slalom

Objective

Riders will be able to advance their ability to maneuver their bicycle developing cornering skills and the ability to negotiate obstacles.

Group management

Split the participants into even sized groups of 3-6 riders. Ample opportunity should be allowed for repetition of skills and to maximize the time available for both practice and opportunity for individual instruction.

Activity Organization

Set out 12 -20 markers per course to lay out a slalom comprising 6-10 gates (pairs of cones forming a gate through which to ride).

Lay the course so it encourages sweeping turns from left to right between the gates.

A rider rides through the course weaving in and out of the gates. At the far end, the rider exits the course after the last gate and returns around the outside of the course back to the start. The next rider begins when the preceding rider has exited the course.

Safety

Ensure each rider looks where they are riding, particularly when exiting the course and approaching waiting riders.

Technique Points

- Keep your inside (cone side) pedal up at 12 o'clock.
- Control your speed, moving steadily and not suddenly.
- Look where you intend to go.
- Lean into the marker when cornering.
- Start slowly and increase your speed when you feel confident.
- Remember the back wheel will come closer to the markers than the front wheel.
- Use your body weight by leaning through the corners.
- Make wide, sweeping turns.

Discussion Questions

- What dangers are there in cornering fast?
- Would you ever take your feet off the pedals cornering? Why/Why not?
- Do both your wheels follow the same path?

Common Faults

- Pedaling through the corners, rather than freewheeling.
- Incorrect pedal position (inside pedal down).
- Poor lines through the gates resulting in stop/start braking and pedaling.

Modifying the Activities

Beginners:

- Make the distance between the markers longer.

Advanced:

- Reduce the distance between the gates
- Reduce the size of the gates (bring the markers very close together).
- Change directions.
- Turn the activity into an individual and/or team race (see Cone Slalom relays).

NOTES:

Activity: 360 Challenge

Objective

Riders will be able to control their bicycle around tight turns.

Group management

Split the group into even sized groups of 6-10 to allow ample opportunity for repetition of skills and to maximize the time available and opportunity for individual instruction.

Activity Organization

Set out 2-4 courses ensuring you have plenty of space between them.

Create a starting line (2 markers 1m apart forming a start gate).

Lay out a line of markers (5-6), at approximately 3m intervals, so that they are far enough away from each other for the riders to do a complete circle around each cone.

Riders will ride away from the starting line, then turn a complete circle (360 degrees) around each marker until they reach the end of the line.

The riders then return to the starting line.

Safety

Ensure the next riders do not go until the rider in front has cleared the course and returned to the start.

Technique Points

- Start slowly and increase your speed as you gain confidence.
- Control your speed and look to maintain a smooth, consistent turning radius around the markers.
- Point your inside knee towards the marker as you are circling.
- Keep looking at the marker you are circling to prevent drifting.
- Head up and spot the next marker as you complete each circle.
- Use your brakes to control your speed.

Discussion Questions

- Where should you look?
- How should you place the pedals?
- Should you pedal throughout the turn?

Common Faults

- *Turning the circle too wide, therefore struggling to stay on the course.*
- *Not using brakes, therefore building up too much speed.*
- *Pedaling in turn. This can result in the pedals hitting on the ground.*

Modifying the Activities

Beginner:

- Encourage the riders to put their feet down if necessary.
- Extend the distance between the markers.
- Reduce the number of markers.

Advanced:

- Decrease the distance between the markers.
- Try riding the course one-handed.
- Ride the course in opposite directions.
- Turn the activity into individual races (timed, or elimination match-ups) and/or team relays.

NOTES: