

ATTACHMENT 9



EXAMPLE: TRACK SESSION PLAN 2

COACH <<NAME>>	DATE <<DAY/MONTH/2019>>	TIME <<ONE HOUR>>pm	VENUE TE AWAMUTU VELODROME
EQUIPMENT REQUIRED <ul style="list-style-type: none"> • Cones • Motorbike • Riders to bring their own gearing/tool kits 		RIDERS [Skill level – Intermediate experienced] <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	
15 mins	Warm up	<ul style="list-style-type: none"> • Setting parameters for this and future track sessions • Laying the base foundations for flying and standing starts • Introduction to motor pacing 	
25 mins	Set activities (Flying and Standing starts)		
20 mins	Skills session – using full banking when taking turns / changing		
20 mins	Motor pacing		
TECHNIQUES, ACTIVITIES, GAMES AND PHYSICAL TRAINING		POTENTIAL HAZARDS, SOLUTIONS OR ACCIDENTS	
WARM UP: Meet and greet 15 minutes before designated start time of session – get settled have a review of last session, discuss coaching points from that session then have a chat about today's session Both riders warm up together rolling round above blue line then faster @ 25kph then @ 30kph then @ 35kph (5 mins at each speed)		Please refer to the risk assessment plan for in depth analysis – but the main physical risks are: <ul style="list-style-type: none"> • 3 x drains • 1 x broken concrete (identified), • gates to track needing to be closed and • using a motorbike for motorpacing 	
SET DRILLS 2 x flying sprints @ 85% (from 2000m mark to finish line) – to follow on directly from warm up...reinforce skill session from last wee 2 x standing starts @100m (from the 1000m – finish line) 3 x standing 200m starts (All times are recorded and summary sheet sent to riders to enter into their training logs after session)		NOTES While packing up – have a chat about the session	
SKILL Using the track to maintain momentum – general riding, sprinting, winding up for flying efforts <ul style="list-style-type: none"> • Discuss with riders on grass first then one of the support coaches to ride with them so they followed him slowly around the track. From start line – wind up to speed then move up banking to the fence – coming off the first bend, move to pole line down the back straight – then as they were approaching the 200m mark move back up to fence – stand out of saddle and keep gear wound up – stay seated around bend (coming into home straight) - keep momentum up – drop back to pole line in the home straight and just past start / finish line move back up banking to fence and stand out of saddle to maintain momentum 		To reinforce the skills required for standing starts, will involve more speed work behind the motorbike and will focus on showing the riders how to use the contour of the track to maintain riding / racing momentum	

- The support coach then rode beside them and explained how to do this – when to stand, when to sit, how far from starting marker they should wind the gear up, the arc to take when diving down from the banking, how to move from a standing to seated position and maintain maximum forward momentum
- The riders came back in (resting on the fence) to discuss. Send one off (no flying effort just using the track) while we observe and critique. Share this information with the first rider, then repeat for second person.
- Then repeat but finish with a timed flying effort from 2000m start mark to finish

MOTOR PACING

Alternating with both riders:

- 2 x 3 lap wind outs each
- SKILLS: Reinforce motor pacing technique
 - Confidence at riding closely behind another rider
 - Peddalling gear at speed
 - Accelerating in the saddle
- 1 x 10 lap simulated points race sprinting every second lap

SKILLS:

- Reinforce motor pacing technique
- Confidence at riding closely behind another rider
- Attacking out of the bunch
- Sprint finishes
- Holding bike in sprinting lane
- Recovery for next effort while still riding (the motor bike will stay on a set pace and 'collect' the rider after the sprint and the rider will get back on behind the motorbike until the next sprint)

WARM DOWN

Circulate behind motorbike @30kph dropping to 25kph Do 2 x change overs each (as per skills section)

While packing up – have a chat about the session

Session 3 -using the banking to take turns / effect change of rider at the front of bunch

WHAT WENT WELL?

FOR EXAMPLE: Flying efforts after skill session were more precise and times were better – will be interesting to see if this translates to slightly better times next week.

Both riders keeping riding logs and record of session activities and times

Both riders learn better through having someone show / ride with them and explain the skill.

Both are starting to talk more, ask questions, and share information especially when we are critiquing and analysing drills

<p>WHAT DO YOU NEED TO CHANGE FOR THE NEXT SESSION? FOR EXAMPLE: <i>Rider 'A' needs to get his gearing sorted – needs to raise his gearing to his age group limit; needs a 46 x 15 or equivalent gear ratio</i> <i>Rider 'B's' new bike is set up almost right but she will need to sort the saddle out – both have been sent to get this done and need this sorted by next session</i></p>	
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EXAMPLE