



**PROJECT 15**

**Frazier Cycling**

## **Cycling Skills**

### Level 1 Skills:

1. Mounting and Dismounting
2. Stopping and Starting
3. Braking
4. Riding Clip-less Pedals
5. Shifting Gears
6. Drinking from a Water Bottle
7. Riding a Straight Line
8. Following a Wheel
9. Cornering
10. Standing out of the Saddle

### Level 2 Skills:

1. Riding in a Double Paceline
2. Time Trial Starts
3. Sprinting out of the Saddle
4. Bumping/Touching
5. Cornering 2 abreast at speed
6. Beginning Teamwork
7. Riding with no Hands
8. Passing/Receiving Water Bottles
9. Climbing out of the Saddle
10. Proper Gear Selection
11. Track Standing for  $\geq 30$  seconds  $< 2$  minutes
12. Pick-up standing water bottle from ground while riding

### Level 3 Skills:

1. Team Tactics
2. Cornering at Speed in a group
3. Bumping Wheels and Handlebars
4. Standing in a Pack
5. Sprinting out of a corner
6. Shifting while Standing
7. Putting on/Taking off a jacket on the bike
8. Sprinting out of a slipstream
9. Lead out
10. Blocking
11. Attacking from the front/back of the pack
12. Track Standing for  $\geq 2$  minutes
13. Place and stand a water bottle on the ground while riding
14. Psychology of Racing