



## Bike Handling/Riding Skills

*\*The degree of difficulty of a lesson is noted below with stars by the lesson name, with one star being easier up to three stars being harder.*

Page	Lesson	Skill
2	Introduction	Location, equipment, format, objective
4	Arm-to-Arm ***	Balance, arm-to-arm riding, no hands
7	Beginning Cyclists *	Basic bike handling skills
9	Double Pace Line **	Bike control
14	Explosive Start **	Balance, starting fast
17	Looking Behind **	Balance, control
19	Pushing ***	Pushing, balance, control
22	Single Pace Line, Dropping Back *	Balance, control, group strategy
24	Track Standing ***	Beginning track stands, balance

Skill list: balance, control, group strategy

Equipment: cones, whistle, clipboard, pen and paper (for attendance)

Total time should be about 1 hour, 15 minutes to 1 hour, 20 minutes

Notes: ride safely with a group, draft properly, prepare to move to the back of the line in a controlled manner

Take attendance.

Make announcements.

Long lap: 1.25 - 1.5 miles

Short lap: 0.20 - 0.25 miles

### Warm Up

Line up cyclists without bikes and walk them through the procedure. Have the line of cyclists begin to walk forward. The front person then steps to the left and walks backward to the end of the line while the group continues forward. Then each cyclist does the same thing as he reaches the front of the line. Work on maintaining equal distance between riders and staying in a straight line.

### Skill Practice

Use the long lap.

Separate the cyclists into small groups. Have the cyclists slowly perform the pace-line drill on their bikes. Repeat several times going slightly faster each time.

Stop the groups and answer any questions.

Have the groups continue practicing the pace-line drill, working up to a regular speed. Have each leader pull for a count of thirty, signal, then drift to the rear. Correct any mistakes. Stop the groups if necessary for explanations and corrections. Make sure the spacing is correct - no overlapping, no gaps.



**Single Pace Line,  
Dropping Back**

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**Cool Down**

Experienced Cyclists:

4 short laps on bikes

Young and Inexperienced Cyclists:

1 or 2 shorts laps on bikes

Run - one mile

**Allow for social time**

End