



One of the most important parts of a junior cycling program centers around skill building. This area is critical to build the confidence of your cyclists and create a safe riding environment. The better the bike handling skills a rider has, the less likely the cyclist will experience or cause a bad fall.

As a coach you want to ensure that your riders leave every practice with a sense of accomplishment. Not every young cyclist will have the opportunity to be the fastest rider on the team but every child can improve his skill. By having skill building as a focus of your program, every rider can have a sense of accomplishment when mastering a new skill. This is critical to keeping young cyclists involved in the sport. Use the group skill drills to promote fun and interest.

**For convenience, all cyclists will be referred to as male.*

Bike Handling/Riding Skills

Page	Lesson	Skill
2	Arm-to-Arm	Balance, arm-to-arm riding, no hands
5	Double Pace Line	Bike control
10	Explosive Start	Balance, starting fast
13	Looking Behind	Balance, control
15	Pushing	Pushing, balance, control
18	Single Pace Line, Dropping Back	Balance, control, group strategy
20	Squirrel Drill	Balance, control, bike handling, U-turns, maintaining focus, "no fear"
23	Track Standing	Beginning track stands, balance

Skill list: balance, arm-to-arm riding, no hands

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

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

Notes: get ready to ride in close proximity without over reacting, keep slower riders with the group, giving a treat or reward gives the cyclist an incentive to do this drill even if it is uncomfortable

Take attendance.

Make announcements.

Long lap: 1.25 0 1.5 miles

Short lap: 0.20 - 0.25 miles

Warm Up

Warm up, pace-line practice (on bikes).

Review pace-line drill (more depth for new participants).

Use the long lap.

You may need to separate the cyclists into groups (based on speed). Faster kids/adults can do > 9 miles. If you have slower kids/adults, they can do > 8 miles. Beginners and some youths can do > 5 miles.

Have each group stay together during the warm-up. Practice the pace-line drill. Have each leader pull for a count of thirty, signal, then drift to the rear. Correct any mistakes. Stop the group if necessary for explanations and corrections. Make sure the spacing is correct - no overlapping, no gaps.

After warm-ups, give everyone a short break.

Skill Practice

Mark a short lane (50-80 yards) with cones.

Pair up your cyclists. Have them ride with their arms on one another's shoulders. You can use your experienced cyclists to demonstrate.

Within the lane, have the paired cyclists place one hand on the opposite shoulder of the partner.

The logo for Frazier Cycling, featuring the text "Frazier Cycling" in a serif font, with the word "Cycling" partially enclosed by a blue circular graphic element.

Arm-to-Arm

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Work with each pair until all can touch their partner's shoulders while riding in the lane.

Have your cyclists switch arms (sides). Switch paired members.

Repeat a few rounds.

Next...

Have both partners touch their partner's shoulders at the same time while riding.

*With the Youth, they may not be able to accomplish this skill, so you can continue to have only one of the pair touch the opposite partner.

Next...

Have your cyclists switch arms (sides). Switch paired members.

Repeat a few rounds.

Next...

Have your paired cyclists perform the touching around the short lap.

Finally...

Have each cyclist attempt to ride "no hands" around the short lap.

Arm-to-Arm

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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