

Coach and Others Involved in Delivery	
Coach	Others involved in delivery
Session Plan (SLALOM)	
Session goal(s) (Beginner) Safely negotiate left and right turns, Ride side by side (Intermediate) Control bike around tight turns, React to changes in course width when riding together, Improve Balance and Control, Understand basic techniques of racing (Advanced) Change direction quickly and effectively, Control bike in a competitive situation, Balance, Steer & Control bikes on uneven surfaces, Understand effects of prolonged aerobic activity on the body.	Delivery method(s) <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input type="checkbox"/> Groups
	Coaching style(s) <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input type="checkbox"/> Autocratic
Timing	Organisation/Presentation
	Warm up Lap of area (laminates 4) / Gate Relay (laminates 8) / Figure of 8 & circle relay (laminates 7)
	Core skills <ol style="list-style-type: none"> Bike handling Riding together understanding fitness & developing tactics <p>SUGGESTED ACTIVITIES</p> <p>(Laminates 8) Gate Relay (Gear 1 – Bike handling skills) (Laminates 7) Figure of 8 & circle Relay (Gear 1 – Bike handling skills) (Laminates 12) Funnel (Gear 1 – Riding together) (Laminates 25) Slalom (Gear 3 Bike handling skills)</p>
	Coaching points <ol style="list-style-type: none"> Bike handling – Start slowly & increase speed with confidence, point your inside knee towards the marker when turning, use brakes to control speed, lean into cornering, keep your inside pedal up, make sweeping wide turns. Riding together – Keep your elbows slightly out & relaxed, don't ride too fast, keep riding straight, touch shoulders in order to get closer together, outside rider should take the corner wide enough to allow partner to get round too. Understanding fitness & developing tactics – How does the body react to aerobic exercise, try to be first to the corner, brake just before corner using both brakes, Lean into corner keeping the inside line, accelerate out of the corner, try not to brake during the corner.
	Game (Laminates 42) Cambered Slalom (Gear 4 – Bike handling skills) (Laminates 21) Pairs Slalom (Gear 2 – Riding together) (Laminates 17) Mini Moto (Gear 1 – Understanding fitness & developing tactics)
	Safety considerations (during session)
	Cool down
Summary of session/feedback to riders	
Injuries/accidents	
<input type="checkbox"/> Accident Report Form completed for each rider involved	

Racing



Coach and Others Involved in Delivery							
Coach	Others involved in delivery						
Session Plan							
Session goal(s) (Beginner) - Safe riding close to others - Develop balance and control of the bike - Understanding fitness and developing tactics (intermediate) - Riding closely with others - Awareness of other Riders - Working effectively with others - One handed Riding - Understanding fitness and developing tactics (Advanced) - Selection of appropriate gears and when to change - Accelerate from standing position - Develop competitive close riding skills - Understanding fitness and developing tactics	Delivery method(s) <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input type="checkbox"/> Groups Coaching style(s) <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input type="checkbox"/> Autocratic						
Tim ing	Organisation/Presentation						
	Standard bike check- helmet, M shape check. Warm up Ride the Oval Ride as a pair around the course (or as a 3) Laminate 12 - Funnel Relay (Gear 1, page 26)						
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	Handy Hint Negotiate gears for more able riders – very low gear makes it harder to get speed Match able & less able riders together to even out teams						
Cool down							
Injuries/accidents							
<input type="checkbox"/> Accident Report Form completed for each rider involved							

Sprint (Individual)



Coach and Others Involved in Delivery		
Coach	Others involved in delivery	
Session Plan		
<p>(Beginner) Ride side by side and close together Riders are able to hold their line when sprinting. Riding straight at speed Balance through corners</p> <p>(Intermediate) Riders understand the aerobic effects of sprinting and recovery. Riders understand sprint tactics in cycling. Overtaking on the right</p> <p>(Advanced) Riders understand how to cover attacks in cycling On track communication Judging physical efforts/limitations</p>	<p>Delivery method(s)</p> <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input type="checkbox"/> Groups	<p>Coaching style(s)</p> <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input type="checkbox"/> Autocratic
Timing	Organisation/Presentation	
	<p>Warm up Whole group to ride the coned oval course (on a flat area) slowly checking grip on bends.</p> <p>In pairs ride the course side by side. Each rider takes it in turns to put in a sprint burst to lap back up to their partner. (SAFETY: all passing riders should call out “on your right” as they pass slower riders – they never undertake on the left.) Encourage riders to set sensible pace and “recover” when not lapping. Encourage those lapping to go at 75% its still the warm up!!! 3 fast laps per rider is sufficient.</p>	
	<p>Core skills <u>Beginner</u> Laminar 4 - Ride the Circle (Gear 1, pg 10)</p> <p><u>Intermediate</u> Laminar 33 - Mass Start (Gear 3, pg 14) Laminar 30 – Chase the snake (Gear 3, pg 11)</p> <p><u>Advanced</u> Laminar 37 - Low Gear Race (Gear 3, pg 18)</p>	<p>Coaching points</p> <ul style="list-style-type: none"> • Riders must hold a consistent line when sprinting • Pair riders of similar ability • Call riders back if rolling start is not performed fairly • Sprint tactics – Discuss when is best time to go – early or late? Get riders to watch each other and look at favoured strategies so they can plan for certain races against different riders • EASIER? – make the circuit smaller or lay out a straight “dragstrip” track or make rest periods longer • HARDER? – challenge riders to race someone they think is faster or make rest periods shorter <p>INCLUSIVITY! – have 2 competitions, cup and plate with 2 finals. Handicap the riders by start position on track. Non riders or those needing rest can time, be starters or judges.</p>
	<p>Game Beginner: (Laminar 14) Solo Pursuit (Gear 1, pg 30-31) (Laminar 15) Sprint (Gear 1, Pg 33) One pair at a time on oval track (aim for a size that takes 45-60secs per lap at speed) Have a coned start/finish gate, pair roll out together side by side. First lap is ridden slowly with pair crossing S/F line together. As pair roll over to complete lap 1 the sprint can then begin (either rider may start the sprint) – the pair have 2 more laps to complete. First over the line wins. (TACTICS ARE CRUCIAL) For large groups you could set up two tracks.</p> <p>Intermediate: (Laminar 36) Individual Pursuit</p> <p>Advanced: (Laminar 34) Line Sprint On an even surfaced, coned 200m (min) 400m (max) oval track get 5 riders in single file. Mark a sprint spot 100m from finish line.</p> <p>Riders set off at a steady, sustainable pace, Upon reaching the sprint spot the last rider in the line moves to the right and begins the sprint. Each rider then reacts instantly following the wheel of the rider who has just sprinted by. This continues to the front of the line, with all riders now sprinting it is a race for the line.</p> <p>SAFETY: RIDERS MUST HOLD THEIR LINE AFTER INITIAL MOVE</p>	<p>Safety considerations (during session)</p> <ul style="list-style-type: none"> • Grip levels of surface • Passing on right side only • Encourage riders to call out • Encourage riders to hold line • Bike and helmet check • Non participants should be well away from track in a defined safe area • All participants should be in your field of vision at all times

Cool down

In pairs ride the track slowly. No sprinting or overtaking. Each rider tells the other a sprint tactic that has worked well for them today and a skill they would like to improve upon.

Summary of session/feedback to riders

- Discuss the rider feedback from the cool down, tying in to your session plan objectives and coaching points.

Injuries/accidents

Accident Report Form completed for each rider involved

Sprint (Team)



Coach and Others Involved in Delivery		
Coach	Others involved in delivery	
Session Plan		
<p>(Beginner) Ride side by side and close together Riders are able to hold their line when sprinting. Riding straight at speed Balance through corners</p> <p>(Intermediate) Riders understand the aerobic effects of sprinting and recovery. Riders understand sprint tactics in cycling. Overtaking on the right</p> <p>(Advanced) Riders understand how to cover attacks in cycling On track communication Judging physical efforts/limitations</p>	<p>Delivery method(s)</p> <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input type="checkbox"/> Groups	<p>Coaching style(s)</p> <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input type="checkbox"/> Autocratic
Timing	Organisation/Presentation	
	<p>Warm up</p> <p>Whole group to ride the coned oval course approx 200m(on a flat area) slowly checking grip on bends.</p> <p>In single file whole group ride the course. The leading rider takes it in turns to put in a sprint burst off the front to lap back up to the end of the line (SAFETY: all passing riders should call out "on your right" as they pass slower riders – they never undertake on the left.) Encourage riders to set sensible pace and "recover" when not lapping, this also allows lapping riders to rejoin. The group should watch the lapping rider and give them the chance to get back on. Encourage those lapping to go at 75% its still the warm up!!! A couple of fast turns per rider is sufficient.</p>	
	<p>Core skills</p> <p>Beginner Laminate 4 - Ride the Circle (Gear 1, pg 10)</p> <p>Intermediate Laminate 33 - Mass Start (Gear 3, pg 14)</p> <p>Advanced Laminate 31 - What's the signal (Gear ,3 pg 12) Laminate 44 – Behead the snake (Gear 4, pg 25)</p>	<p>Coaching points</p> <ul style="list-style-type: none"> Riders must hold a consistent line when sprinting Sprinting off the back of a line mimics attacks used in track sprinting and road racing. Encourage well timed explosive responses. This will mean good teamwork and trust among riders EASIER? – make the circuit smaller or make rest periods longer HARDER? – make rest periods shorter <p>INCLUSIVITY! – Non riders or those needing rest can time, be starters or judges. Let everybody take the lead rider role and get used to setting the pace Core skills</p>
	<p>Game</p> <p>Beginner: (Laminate 18) Team Sprint</p> <p>Intermediate/Advanced: (Laminate 49) Team Pursuit</p> <p>Judges can look at finishing</p>	<p>Safety considerations (during session)</p> <ul style="list-style-type: none"> Grip levels of surface Passing on right side only Encourage riders to call out Encourage riders to hold line Bike and helmet check Non participants should be well away from track in a defined safe area All participants should be in your field of vision at all times Participants need to work together as team orders and rank riders for future races.
	<p>Cool down</p> <p>In pairs ride the track slowly. No sprinting or overtaking. Each rider tells the other a skill they have learned today and a skill they would like to improve upon.</p>	
<p>Summary of session/feedback to riders</p> <ul style="list-style-type: none"> Discuss the rider feedback from the cool down, tying in to your session plan objectives and coaching points. Stress how good riders have a trust for each others skills and unwritten rules such as holding your line when sprinting. This helps to avoid crashes. 		
<p>Injuries/accidents</p> <p style="text-align: right;"><input type="checkbox"/> Accident Report Form completed for each rider involved</p>		

Cyclo-cross



Coach and Others Involved in Delivery			
Coach	Others involved in delivery		
Session Plan			
<p>Session goal(s)</p> <p>(Beginner) - To explore different ways of moving a bike other than riding.</p> <ul style="list-style-type: none"> - Riding with others. - Bike Handling around corners. <p>(intermediate) - To mount and dismount quickly.</p> <ul style="list-style-type: none"> - Controlling the bike around tight turns. - React to changes in course width when riding together. - Accelerate from a standing start. <p>(Advanced) - Safely negotiating obstacles on and off the bike.</p> <ul style="list-style-type: none"> - Improve technique and understanding of the mount and dismount. - to develop competitive close riding skills. 	<p>Delivery method(s)</p> <p><input type="checkbox"/> Individual</p> <p><input type="checkbox"/> 1 to 1</p> <p><input type="checkbox"/> Pairs</p> <p><input type="checkbox"/> Groups</p> <p>Coaching style(s)</p> <p><input type="checkbox"/> Democratic</p> <p><input type="checkbox"/> Facilitative</p> <p><input type="checkbox"/> Autocratic</p>		
Timing	Organisation/Presentation		
	<p>Standard bike check- helmet, M shape check.</p> <p>Warm up</p> <p>All - Cycle perimeter of cyclo cross course</p> <p>All - Cycle as a pair around course</p> <p>All - Laminates 8 (Gear 1, page 18) Gate Relay</p> <p>Int/adv - Laminates 12 (Gear 1, page 26) Funnel Relay</p>		
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	<p>Handy Hint</p> <p>Riders of different abilities could do the same activity if you stipulate the gear they use! Or ride in different ways</p>		
Cool down			
Injuries/accidents			
<input type="checkbox"/> Accident Report Form completed for each rider involved			

Coach and Others Involved in Delivery	
Coach	Others involved in delivery
Session Plan (BMX)	
<p>Session goal(s) (Beginner) Cornering effectively, Riding with others, Stopping safely without skidding, Selecting a gear for a fast start. (Intermediate) Controlling the bike around tight turns, React to changes in course width when riding together, Improve Balance and Control, Accelerate from a standing position. (Advanced) Change direction quickly and effectively, Control bike in a competitive situation, Understand basic techniques of racing, Understand effects of prolonged anaerobic activity on the body.</p>	<p>Delivery method(s)</p> <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input type="checkbox"/> Groups
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Timing	Organisation/Presentation
	<p>Warm up</p> <p>Lap of area (<i>laminates 4</i>) / Gate Relay (<i>laminates 8</i>) / Figure of 8 & circle relay (<i>laminates 7</i>)</p>
	<p>Core skills</p> <ol style="list-style-type: none"> 4. Bike handling 5. Riding together 6. Stopping & Pace Judgment 7. Understanding fitness & developing tactics <p>SUGGESTED ACTIVITIES (Laminates 33) Mass Start (Gear 3 – Understanding fitness & developing tactics) (Laminates 22) Snake (Gear 2 – Riding together) (Laminates 26) Downhill ZigZag (Gear 3 – Bike Handling Skills) (Laminates 21) Pairs Slalom (Gear 2 – Riding together) (Laminates 9) Stop Box (Gear 1 – Stopping & Pace Judgment)</p>
	<p>Coaching points</p> <p>4. Bike handling – Start slowly & increase speed with confidence, point your inside knee towards the marker when turning, use brakes to control speed, lean into cornering, keep your inside pedal up, make sweeping wide turns.</p> <p>5. Riding together – Keep your elbows slightly out & relaxed, don't ride too fast, keep riding straight, touch shoulders in order to get closer together, outside rider should take the corner wide enough to allow partner to get round too.</p> <p>6. Stopping & Pace Judgment - Squeeze brakes evenly & don't skid, sit well back into the saddle, fast starts, even pace through the corners.</p> <p>7. Understanding fitness & developing tactics – How does the body react to aerobic exercise, try to be first to the corner, brake just before corner using both brakes, Lean into corner keeping the inside line, accelerate out of the corner, try not to brake during the corner.</p>
	<p>Game</p> <p>BMX Racing (Any gear, design your own course)</p> <p>(Laminates 17) Mini Moto (Gear 1 – Understanding fitness & developing tactics)</p>
	<p>Safety considerations (during session)</p>
	<p>Cool down</p>
Summary of session/feedback to riders	
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Race Day Finale



Coach and Others Involved in Delivery						
Coach	Others involved in delivery					
Session Plan						
Session goal(s) (All) Reinforcing the skills from previous sessions of tactics, speed, overtaking, safe bike handling within a competitive framework.	Delivery method(s) <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input type="checkbox"/> Groups	Coaching style(s) <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input type="checkbox"/> Autocratic				
Timing	Organisation/Presentation					
	Standard bike check- helmet, M shape check. <table border="0"> <tr> <td>Warm up</td> <td>Gear card ref.</td> </tr> <tr> <td>Lap of area with Controlled speed</td> <td>N.A</td> </tr> </table> Slow race over 20m		Warm up	Gear card ref.	Lap of area with Controlled speed	N.A
Warm up	Gear card ref.					
Lap of area with Controlled speed	N.A					
	Events from <ol style="list-style-type: none"> (Laminate 49) Team Pursuit (Gear 4 page 30) (Laminate 54) Kierin (slow or paced laps by Durney Bike, when it veers off track, race continues for an agreed number of laps) (Laminate 18) Team sprint (Gear 2 pages 38-39) (Laminate 53) Devil (Gear 4 page 35) (Laminate 50) Points Race (Gear 4 page 31) (Laminate 47) Cyclo Cross (Gear 4 page 28) 	Coaching points <ul style="list-style-type: none"> Emphasis on safety considerations Emphasis on teamwork and tactics Reinforce cornering technique 				
	Safety considerations (during session) <ul style="list-style-type: none"> - Ensure courts are clear of any litter or obstructions before use. - Ensure that circuits for each activity are suitably matched to the ability of the group (wide / big enough). - Keep non-riders and spectators away from course. - Helmets worn at all times. - Passing on right side only 	Organisation of session Set up an oval course to suit the venue and ability of group. Generally tighter bends and shorter straights more technical and slower. Longer straights and wider bends faster and less technical. Select groups of equal ability- slower and faster riders together. You could give each team a different country or professional team (eg. Team Sky or Garmin) Use the result sheet to make a competition of the session.				
	Cool down Slow laps of circuit in low gear.					
Summary of session/feedback to riders						
Injuries/accidents						
<input type="checkbox"/> Accident Report Form completed for each rider involved						

