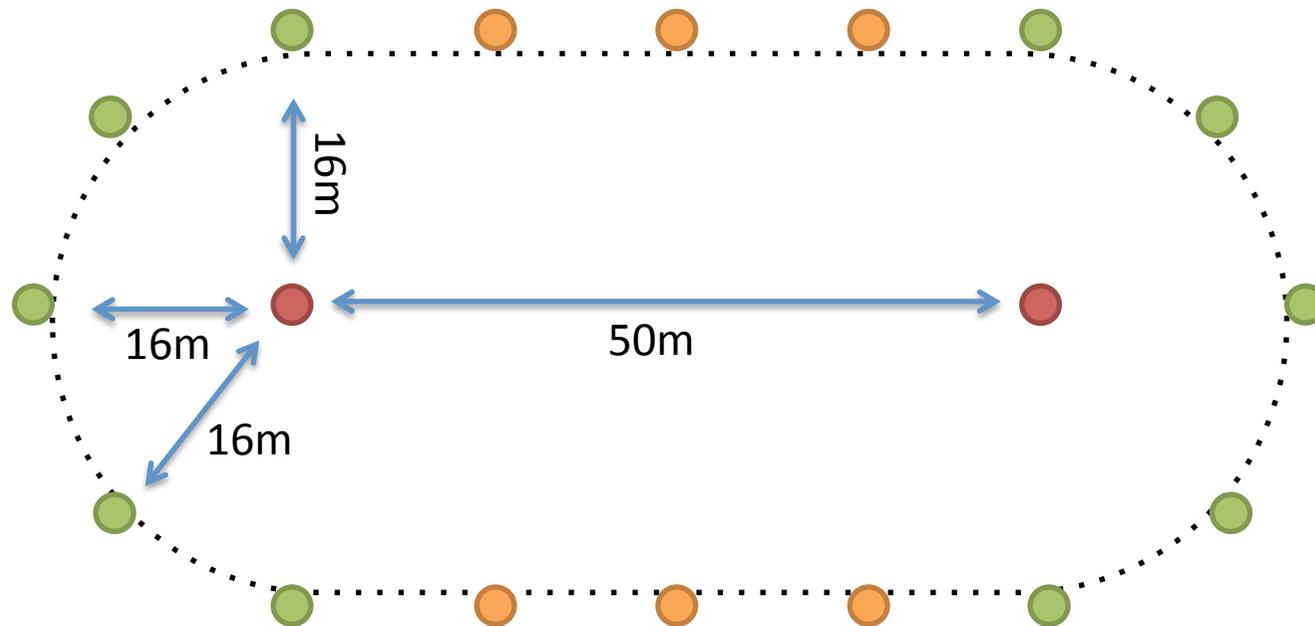


How to set up a grass track



Coaching Session Plan

Coach and Others Involved in Delivery	
Coach	Others involved in delivery
Session Plan	
Session goal(s) By the end of the session, riders will be familiar with the safety rules for riding on a grass track and will have experienced the effort needed to keep up when riding on the inside and outside of the track..	Delivery method(s) <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input checked="" type="checkbox"/> Groups
	Coaching style(s) <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input checked="" type="checkbox"/> Autocratic
Timing	Organisation/Presentation
5 min	Warm up Perform Bike, Helmet, Clothing Check
5 min	Coach's Warm-Up activity of choice. Include mobility exercises, dynamic flexibility and finish with riders on their bikes. At this stage it may be useful not to use the track as this will be introduced during the session.
5 min	Main content Before the session, set up an oval track using the supplied dimensions. If you don't have enough space, the track can be scaled down, although a track that is too small will be significantly different to ride and therefore the riders may not grasp all the necessary content. Introduce the riders to the track and the rules for riding on it. <ul style="list-style-type: none"> • Only ride anti-clockwise • Look around and be aware of what other riders on the track are doing. • DO NOT stop on the track. If you have a problem, move to the inside and stop on the other side of the cones. • Hands must remain on the handlebars at all times.
5 min	Allow the riders to ride around the track spaced at least 2 bike-lengths apart. Encourage them to speed up gradually and to notice what happens as they do so. Do they need to stop pedalling at any point? What happens if they do?
10 min	Set riders off in pairs, one riding on the inside of the track and the other on the outside of the track (about 5 paces to the right of the inside rider). Keep 4 bike lengths between each pair. Encourage them to speed up gradually. What do they notice about the effort required for the outside rider to keep up? Swap around so that both riders get to ride on the outside.
	Coaching points <ul style="list-style-type: none"> • Pedal smoothly • Keep looking around to make sure you know what other riders are doing. • You may have to stop pedalling on the bends, but this slows you down. • Riding around the outside of the track means you have to ride faster in order to keep up, because you ride further.
	Safety considerations (during session) <ul style="list-style-type: none"> • Ensure that the track area is clearly marked with appropriate barriers if other users are in the area. • Make sure riders know the rules for using the track. • Riders are only to ride if told to do so. • Keep spacing between riders
5 min	Cool down Easy ride around the track, gradually slowing down. Finish with some appropriate static stretching.
Summary of session/feedback to riders What did riders learn from the session? Ask them questions to establish that they understand the track safety rules and that they grasp the coaching points.	
Injuries/accidents	
<input type="checkbox"/> Accident Report Form completed for each rider involved	

Coaching Session Plan

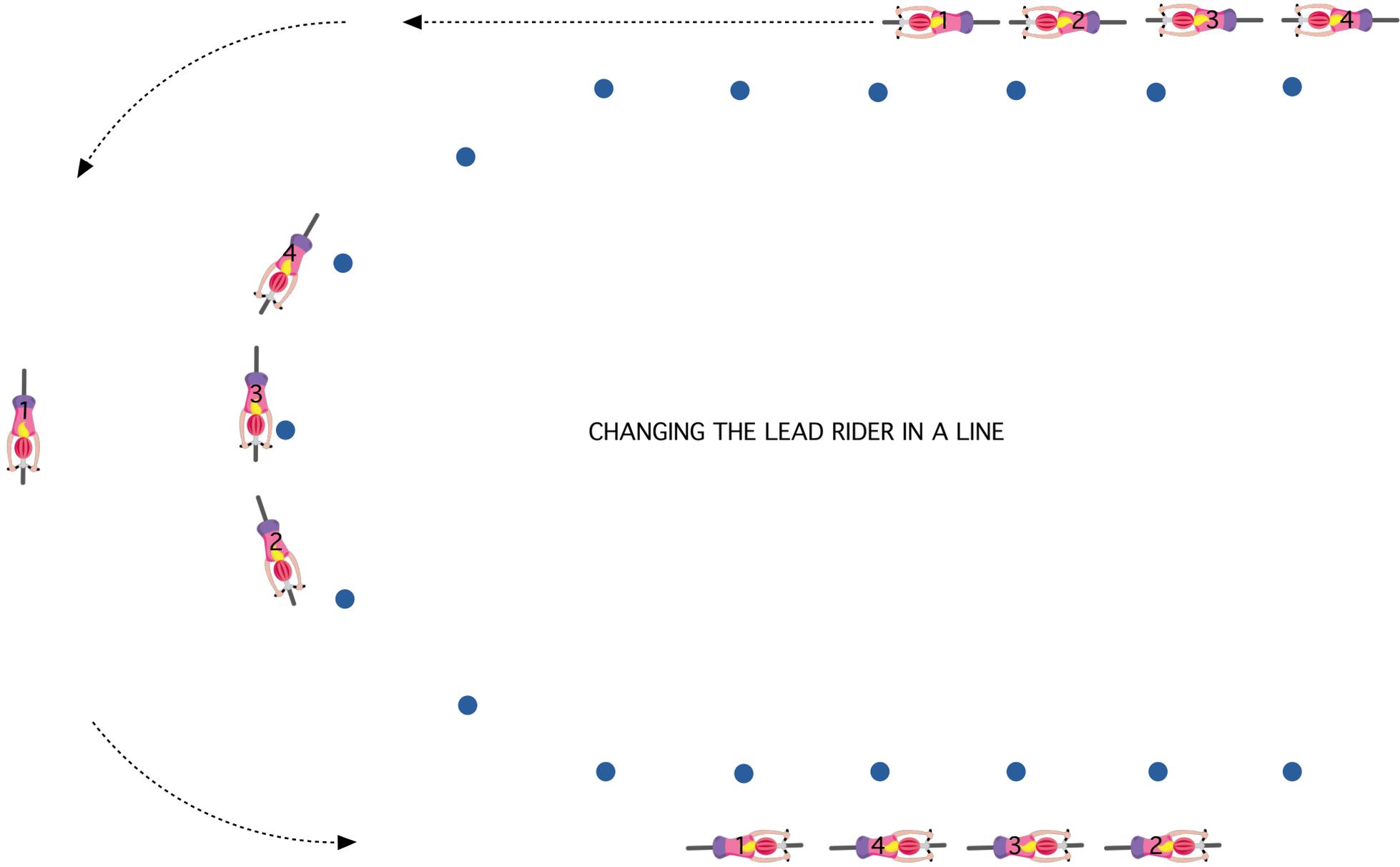
Coach and Others Involved in Delivery		
Coach		Others involved in delivery
Session Plan		
Session goal(s) By the end of the session, riders will understand appropriate gearing for riding on a grass track.		Delivery method(s) <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input checked="" type="checkbox"/> Groups
		Coaching style(s) <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input checked="" type="checkbox"/> Autocratic
Timing	Organisation/Presentation	
5 min	Warm up Perform Bike, Helmet, Clothing Check	
5 min	Coach's Warm-Up activity of choice. Include mobility exercises, dynamic flexibility and finish with riders on their bikes, riding around the track	
5 min	Main content Before the session, set up an oval track using the supplied dimensions. Discuss gears with the group. <ul style="list-style-type: none"> Do all riders know how to change gears on their bikes? If not, explain to individual riders who don't. As the BC bikes for competitions have STI shifters, it might be a good idea to show all riders how STI shifters work. Why do bikes have gears? In a track context, they allow you to go faster. What must you be doing when you change gear? Pedalling 	Coaching points <ul style="list-style-type: none"> Make sure you know how to change the gears on your bike – harder, easier. When changing gear, you must keep pedalling. When changing gear, you must keep looking where you want to go. Easy gears are good for starting. Hard gears are good for going fast once you're moving. The best gear for grass track is a balance of the two. Pedalling fast in an easier gear is better than pedalling slowly in a harder gear.
15 min	Big Gear vs Little Gear Race <ul style="list-style-type: none"> Split the group into pairs of riders. Each pair races one lap of the track, with one rider in their easiest gear and the other in their hardest gear. Once each pair has had a go, they go again, swapping around who is in the hardest/easiest gear. What did they notice? When was the easy gear better? When was the harder gear better? Allow riders to ride a lap during which they change into the gear they think will be best, after which each pair races again. Would they use a different gear next time? Why? Repeat the races as time allows, encouraging riders to try different gear options. <p>[During this activity, you may have to re-pair riders if there is a large difference in ability that is not accounted for by the gearing.</p>	Safety considerations (during session) <ul style="list-style-type: none"> Ensure that the track area is clearly marked with appropriate barriers if other users are in the area. Make sure riders know the rules for using the track. Riders are only to ride if told to do so. Keep non-racing riders off the track when others are racing. Keep spacing between riders as appropriate
5 min	Cool down Easy ride around the track, gradually slowing down. Finish with some appropriate static stretching.	
Summary of session/feedback to riders What did riders learn from the session? Ask them questions to establish that they grasp the coaching points.		
Injuries/accidents		
<input type="checkbox"/> Accident Report Form completed for each rider involved		

Coaching Session Plan

Coach and Others Involved in Delivery		
Coach		Others involved in delivery
Session Plan		
Session goal(s) By the end of the session, riders will be able to ride close together in a line on a grass track.		Delivery method(s) <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input checked="" type="checkbox"/> Groups
		Coaching style(s) <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input checked="" type="checkbox"/> Autocratic
Timing	Organisation/Presentation	
	Warm up	
5 min	Perform Bike, Helmet, Clothing Check	
5 min	Coach's Warm-Up activity of choice. Include mobility exercises, dynamic flexibility and finish with riders on their bikes, riding around the track	
5 min	Main content Before the session, set up an oval track using the supplied dimensions. Explain to riders how to ride in a line. <ul style="list-style-type: none"> Start off in a line with two wheels-distance between you and the rider in front. Where should you look? At the body of the rider in front (looking at the wheel is no good, because wheels have no body language to help you anticipate changes). If the gap starts to close, rather than braking, move out to the right a little (remember session 1, you ride further) and then back into the line when the gap re-opens. 	Coaching points <ul style="list-style-type: none"> Look at the body of the person in front when judging your distance. Move out to the right if the gap closes. Move back into the line as the gap re-opens. The best gear for each rider is the one that makes the team faster overall.
10 min	Spacing when Riding in a Line <ul style="list-style-type: none"> Set riders off in a line and encourage them to speed up gradually. Once they appear comfortable with a two-wheel gap, have them reduce this to one wheel and eventually half a wheel if possible. Stop the group occasionally and change the order of the riders so that all have the chance to follow a wheel and get used to following different wheels. Gearing when Riding in a Line <ul style="list-style-type: none"> Set riders off in a line and encourage them to speed up gradually while holding the best gap they achieved previously. Ask riders to change gears and to find the gear that helps them to maintain their position in the group most easily. Stop the group occasionally and change the order of the riders. This will possibly present a need for different gear choices. Inform riders that as this is a team event, each rider should find the best gears for the team to go fast, not simply for each individual to do so. 	Safety considerations (during session) <ul style="list-style-type: none"> Ensure that the track area is clearly marked with appropriate barriers if other users are in the area. Make sure riders know the rules for using the track. Riders are only to ride if told to do so. Keep spacing between riders as appropriate
5 min	Cool down	
	Easy ride around the track, gradually slowing down. Finish with some appropriate static stretching.	
Summary of session/feedback to riders		
What did riders learn from the session? Ask them questions to establish that they grasp the coaching points.		
Injuries/accidents		
<input type="checkbox"/> Accident Report Form completed for each rider involved		

Coaching Session Plan

Coach and Others Involved in Delivery		
Coach		Others involved in delivery
Session Plan		
Session goal(s) By the end of the session, riders will be able to change the lead rider in the line effectively.		Delivery method(s) <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input checked="" type="checkbox"/> Groups
		Coaching style(s) <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input checked="" type="checkbox"/> Autocratic
Timing	Organisation/Presentation	
	Warm up	
5 min	Perform Bike, Helmet, Clothing Check	
5 min	Coach's Warm-Up activity of choice. Include mobility exercises, dynamic flexibility and finish with riders on their bikes, riding around the track	
5 min	Main content Explain and demonstrate to riders how to change the lead rider in a line (Use a walk-thru with the riders) As the lead rider approaches a bend, they should... <ul style="list-style-type: none"> Look over their right shoulder to ensure there is space to move. Move out to the right and take the bend as wide as possible without slowing down or speeding up (remember session 1). Watch the line pass to their left and keep looking for the back wheel of the last rider. Drop in behind the last rider smoothly. If done correctly, the change will be completed within just one bend. 	Coaching points <ul style="list-style-type: none"> Look over your right shoulder Move out to the right Take the bend as wide as possible without slowing down. Watch the line pass to your left and look for the last wheel. Slot back into the line as smoothly as possible. When passing the rider who is changing off, the line must keep up the speed.
20 min	Changing in a Line <ul style="list-style-type: none"> Set riders off in a line and instruct them to change every time they enter the second bend. Riders should maintain their spacing throughout the exercise. Stop riders occasionally if you need to give feedback, but get them riding again ASAP – it's practice that gets this one smooth. [You may need to repeat this session for riders to fully grasp smooth changing.]	Safety considerations (during session) <ul style="list-style-type: none"> Ensure that the track area is clearly marked with appropriate barriers if other users are in the area. Make sure riders know the rules for using the track. Riders are only to ride if told to do so. Keep spacing between riders as appropriate
5 min	Cool down	
	Easy ride around the track, gradually slowing down. Finish with some appropriate static stretching.	
Summary of session/feedback to riders		
What did riders learn from the session? Ask them questions to establish that they grasp the coaching points.		
Injuries/accidents		
<input type="checkbox"/> Accident Report Form completed for each rider involved		

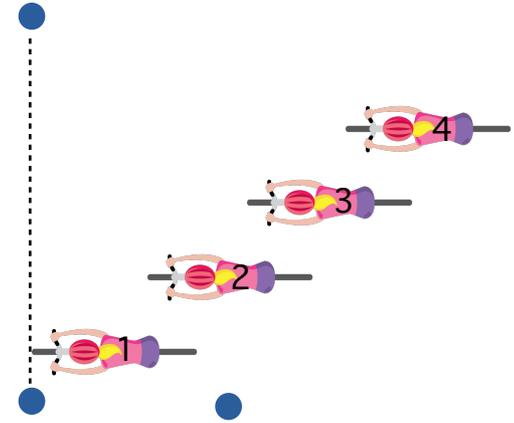
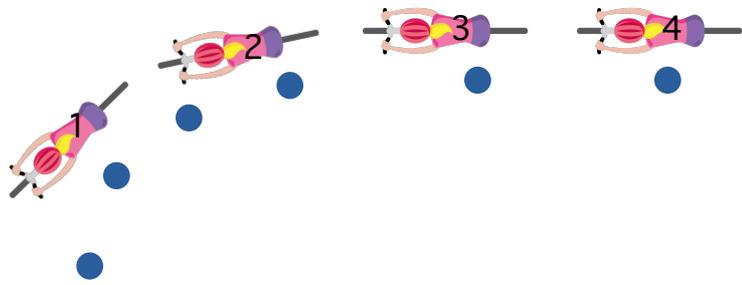


CHANGING THE LEAD RIDER IN A LINE

Coaching Session Plan

Coach and Others Involved in Delivery		
Coach		Others involved in delivery
Session Plan		
Session goal(s) By the end of the session, riders will be able to start effectively as a team.		Delivery method(s) <input type="checkbox"/> Individual <input type="checkbox"/> 1 to 1 <input type="checkbox"/> Pairs <input checked="" type="checkbox"/> Groups
		Coaching style(s) <input type="checkbox"/> Democratic <input type="checkbox"/> Facilitative <input checked="" type="checkbox"/> Autocratic
Timing	Organisation/Presentation	
	Warm up	
5 min	Perform Bike, Helmet, Clothing Check	
5 min	Coach's Warm-Up activity of choice. Include mobility exercises, dynamic flexibility and finish with riders on their bikes, riding around the track	
5 min	Main content First Bend Race Set riders off in pairs, instructing them that the winner is the first rider to enter the first bend. After this, they should ride slowly around the track to return to the start. Ask the other riders to watch for any particularly good points.	Coaching points <ul style="list-style-type: none"> • Pedal Ready Position • Correct Gear Choice • Brakes on, pressing down on the pedal • Look ahead, into the first bend <ul style="list-style-type: none"> • All riders in your team should choose gears that help you get into a line by the first bend. Safety considerations (during session) <ul style="list-style-type: none"> • Ensure that the track area is clearly marked with appropriate barriers if other users are in the area. • Make sure riders know the rules for using the track. • Riders are only to ride if told to do so. • Keep spacing between riders as appropriate
5 min	Discuss what riders have seen and what would make a good start... <ul style="list-style-type: none"> • Pedal-Ready Position (pedal in line with the down-tube). • Brakes on, pressing down on the pedal. • Head up, looking into the first bend. • Gear Selection 	
5 min	Allow riders to repeat their First Bend Race and feed back on what they did.	
10 min	Start riders off in groups of four, instructing them that they should be in a line and in the correct order by the time they enter the first bend, but that the team needs to start as fast as possible (Rider 1 starts on the left, rider 2 on their right, rider 3 on their right and rider 4 to their right – this is the order they must adopt into bend 1).	
	Try... <ul style="list-style-type: none"> • All riders lined up next to each other (stacked). • Riders lined up diagonally behind one another (staggered). Which works best to get riders into the first bend in a line? Riders may choose to adopt either of these options on race day. Riders may need to vary their starting order to find an order that works best (some riders start faster than others).	
5 min	Cool down	
	Easy ride around the track, gradually slowing down. Finish with some appropriate static stretching.	
Summary of session/feedback to riders		
What did riders learn from the session? Ask them questions to establish that they grasp the coaching points.		
Injuries/accidents		
<input type="checkbox"/> Accident Report Form completed for each rider involved		

STARTING STAGGERED



STARTING STACKED

