

SESSION PLAN

Warm up		Pumping	
<ul style="list-style-type: none"> • 2 slow laps of the track. Pumping only • Squats – Lunges – Leg swing – Butt kicks – push-up • Agility activation off bike (hurdles, ladders, cones) • Manuals – Bunny hops • Cone drills (cornering) • Body contact drills 		<ul style="list-style-type: none"> • Use cones to show where to stop pedalling and set level pedals. Cones to show when to pump • Smaller jumps and low speeds • Increase jump size and speeds • Add cones for agility drills (weaving through jumps) • Pair up riders • Follow the leader drills • Pump laps to test their development 	
Manualing		Jumping	
<ul style="list-style-type: none"> • Practice on flat ground for beginners • Smaller table tops and step-ups are preferred for basic development • Slower speeds when starting out • Progress to bigger jumps and higher speeds 		<ul style="list-style-type: none"> • Bunny hops on flat ground for beginners to develop technique and body positioning. • Use of flat pedals for correct technique • Table tops for beginners • Move to step ups and doubles once confident 	
Gate Start		Cornering	
<ul style="list-style-type: none"> • Set up - bike/body positioning, crank height • Consistency - same set up every gate start • Use of flat pedals for technique and efficient pedal strokes • Timing - do they know when to go. • Snap - are they holding correct form. • Execution – Form & efficiency on their first 4 cranks • Confidence - are they hesitating or scared 		<ul style="list-style-type: none"> • Education – Do they understand different race lines • Body and pedal positioning • Individual race lines - block pass, high-low, rail • Pair up riders for tactical development • Group riders for tactical development • Body contact (low speeds) 	

- ❖ Video analysis for the above skills will provide the rider with a greater understanding of the verbal feedback provided.
- ❖ Record results for feedback, goal setting and to show development.