



INTERMEDIATE SKILLS INSTRUCTOR
Pocket Guide





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Cover photo: TMB Images

Ready Position Progression

Get ready for what is next

Tall Ready Position
when going up obstacles



Low Ready Position
when going down obstacles



Ready Position Progressions

Foot Wedge for balance



Body Wedge for bike lifts

Intermediate Braking

Ready Position

Pull both brakes evenly

**Drop heel of forward
foot for bracing**

**Drop hips down and back
as required**



Intermediate Braking - Errors & Corrections

Difficulty with balance	<ul style="list-style-type: none">-Brakes working properly?-Able to reach brake levers?
Skidding rear tire	<ul style="list-style-type: none">-Not enough heel drop-Weight too far forward-Apply more front brake
Body moving forward	More heel drop for bracing

Progressions:

- Add speed
- Stop more quickly
- "Watch the Cliff"
- Cardboard Slide
- Descending slow race

Intermediate Cornering

Low Ready Position

Look where you want to go

Lean bike

Twist hips

Counter-balance



Intermediate Cornering - Errors & Corrections

Poor coordination	Do a static exercise without bike
Dropping foot/feet	Reminder about level pedals
Still steering	Don't move shoulders, Lead with the hands and hips

Progressions:

- Wider slalom course with cones
- Change speed
- Add sloped terrain
- Link multiple corners

Straight Line Riding

Tall Ready Position

Focus ahead

**Side to side Bike/Body
Separation**



Straight Line Riding - Errors & Corrections

Difficulty with balance	<ul style="list-style-type: none">-Use tall Ready Position-Add side to side Bike/Body Separation-Add speed-Use Ratcheting
Can't stay on path	<ul style="list-style-type: none">-Use side to side instead of steering

Progressions & Gameplay:

- Change width of path
- Change length of path
- Change speed
- Use a raised obstacle

Ratcheting

Tall Ready Position

Slightly weighted hands

**Partial backpedal &
pedal forward**



Ratcheting - Errors & Corrections

Unable to accelerate	<ul style="list-style-type: none">-Change gears to match speed-Bring forward foot higher before pedaling forward
Difficulty with balance	<ul style="list-style-type: none">-Use tall Ready Position-Add side to side bike/body separation

Progressions:

- Change frequency of pedaling
- Switch feet
- Change speed & gear
- Change range of motion of feet
- Change slope of terrain

Track Stand

Tall with weighted hands

Turn handlebars uphill as you stop

Pressure on forward pedal

Slight Bike/Body Separation



Track Stand - Errors & Corrections

Difficulty with balance	<ul style="list-style-type: none">-Use ratcheting and roll to a stop-Turn handlebars uphill-Use slight changes in pressure with forward foot
Frustrated?	<ul style="list-style-type: none">-Do a slow race-Lean front tire against a wall-Flat pedals reduce fear of falling

Progressions:

- Change slope of terrain
- Switch feet

Rock Dodge

Tall Ready Position

Steer around object

Rear wheel awareness



Rock Dodge - Errors & Corrections

Not able to avoid obstacle	<ul style="list-style-type: none">-Change angle of approach-Continue to steer after front wheel passes the obstacle-Reduce speed-Turn head and shoulders
Difficulty with balance	<ul style="list-style-type: none">-Use Ratcheting instead of full pedal strokes

Progressions:

- Attempt seated and standing
- Change size of obstacle
- Switch turning direction

Switchback Turns

Line choice

Focus through turn

**Bike/Body Separation
as required**



Switchback Turns - Errors & Corrections

Not able to turn enough	-Approach wide -Focus through turn
Difficulty when climbing	Move forward
Difficulty when descending	Lean bike with level pedals

Progressions:

- Change radius of turn
- Change direction of turn
- Change slope of turn
- Add obstacles

Level Lift

Load through feet

Explode

Body wedge & lift



Level Lift - Errors & Corrections

Not able to lift bike	-Load more through feet -More body wedge
Cannot lift rear wheel	-Use both feet to lift bike

Progressions:

- Change frequency
- Change height
- Add timing
- Add small obstacle

Basic Front Wheel Lift

Load through feet

Explode

**Pull with hands,
bend elbows**



Basic Front Wheel Lift - Errors & Corrections

Not able to lift wheel	<ul style="list-style-type: none">-Load more through feet-Bring handlebars toward chest-Allow knees to bend when lifting
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Progressions:

- Change frequency

- Change height

- Add timing

- Add small obstacle

Basic Rear Wheel Lift

Load through feet

Explode

Body Wedge and lift feet



Basic Rear Wheel Lift - Errors & Corrections

Not able to lift wheel	-Load more through feet -Use body wedge and both feet
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Progressions:

- Change frequency
- Change height
- Add timing
- Add small obstacle

Roll Down

Low Ready Position

Look

Extend arms

**Return to
Ready Position**



Roll Down - Errors & Corrections

Getting pulled forward	Bend arms in low Ready Position, then extend arms down
Difficulty maintaining balance	-More bike/body separation

Progressions:

- Change speed
- Increase height
- Add a turn after landing