



ADVANCED SKILLS INSTRUCTOR
Pocket Guide





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Cover photo: TMB Images

Pumping

Tall Ready Position

Bend & Extend

Press hands down

Press feet down



Pumping - Errors & Corrections

Difficulty with timing	<ul style="list-style-type: none">-Start by focusing on pressing hands or feet only-Slow down until timing improves
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Progressions:

- Change size of pumps
- Change frequency of pumps
- Change speed

Advanced Cornering

Choose path

Braking before entry

**Crank rotation to maintain
level pedals**

Pressure control or Pumping



Advanced Cornering - Errors & Corrections

<p>Not able to complete turn</p>	<ul style="list-style-type: none">-Slow down-Lower Ready Position-Lean bike more-Enter turn on the outside-Maintain balance on both feet
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Progressions:

- Change directions
- Change speed
- Add sloped terrain
- Link multiple corners

Berm Turns

**Apply appropriate
cornering techniques**

**Adjust path to utilize
the berm slope**



Berm Turns - Errors & Corrections

Getting too close to the top of the berm	<ul style="list-style-type: none">-Adjust entry angle and speed-Add more bike lean, twist, and counter-balance
Coming down from the berm too soon	<ul style="list-style-type: none">-Adjust entry angle and speed

Progressions:

- Change speed
- Change entry point and path
- Change berm

Sprinting

Forward Ready Position

Powerful pedal strokes

Pull with hands to rock bike



Sprinting - Errors & Corrections

Unable to accelerate quickly	Use easier gear
Cranks turn too quickly	Use harder gear
Front wheel lifting up	Move body forward
Not going straight	Lean the bike instead of steering

Progressions:

- Change gears
- Change duration
- Change slope
- Change surface
- Simulated race starts

Proximity Skills & Bumping

Elbows out as bumpers

**Side to side Bike/Body
Separation as required**

Counter-balance



Proximity Skills & Bumping - Errors & Corrections

Changing directions when bumped	<ul style="list-style-type: none">-Elbows out-Move handlebars away from threat-Focus ahead
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Progressions:

- Change pairing of riders
- Change width of runway

Rolling Dismount

Swing right leg over and behind

Place hip against saddle

Simultaneously:

Left foot forward

Right foot to ground



Moving Dismount - Errors & Corrections

Difficulty with balance	<ul style="list-style-type: none">-Move hip to side of saddle-Focus ahead-Add speed
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Progressions:

- Change frequency
- Change moving speed
- Combine with Rolling Mount
- Add timing with an obstacle

Rolling Mount

Walk/run on left side of bike

Stride forward while lifting right leg over saddle

Continue forward with right leg to a seated position

Find pedals



Rolling Mount - Errors & Corrections

Difficulty landing on saddle	-Slower speed -More repetition
Difficulty continuing straight	-Push more off the ground -Add speed

Progressions:

- Change frequency
- Change speed
- Combine with Rolling Dismount

Manual Front Wheel Lift

Load through feet

Lunge handlebars
forward

Lengthen arms

Press heels down and forward



Manual Front Wheel Lift - Errors & Corrections

Difficulty lifting wheel	-Load more through feet -Push heels down and forward
Difficulty maintaining balance	Add Speed

Progressions:

- Change frequency
- Change speed
- Add timing
- Add distance

Pedaling Front Wheel Lift

Tall Ready Position

Pedal in power position

Powerful pedal stroke &
pull handlebars

Bend elbows as handlebars
come up



Pedaling Front Wheel Lift - Errors & Corrections

Difficulty with timing	<ul style="list-style-type: none">-Change gears to match speed-Start with foot near top of stroke
Difficulty maintaining balance	<ul style="list-style-type: none">-Pedal harder, pull less on handlebars-Bend elbows, bring handlebars towards chest

Progressions:

- Change speed
- Add uphill slope
- Both seated and standing
- Add timing
- Switch feet

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

Drops

Speed

Lunge

Absorb

Preload & body wedge



Drops - Errors & Corrections

Difficulty with lunge	-Revisit Manual Front Wheel Lift -Add speed
Difficulty with preload	-Revisit Level Lift -Revisit body wedge

Progressions:

- Change speed & lunge
- Add speed for absorb
- Add turn after drop during absorb
- Add speed & preload for more distance
- Increase height