

# BMX SKILL ACQUISITION

## IDENTIFY

## PLAN

## EXECUTE

## REVIEW

### GATE TECHNIQUES

Stand in the gate, maintaining correct body position and balance through all points of contact.

Deliver an effective and well timed body movement against the start commands.

Deliver a progressive gate effort at high intensity.

Perform a World Class start from a BMX gate.

Perform a World Class start from a gate under pressure (Nationals, World Cup, World Champs etc)

Perform a World Class start from a gate on a supercross hill with a full field.

### START HILL

Roll out of a 5m start hill.

Perform an individual start at speed on a 5m start hill.

Perform a start at speed alongside other riders on a 5m start hill.

Roll out of an 8m supercross start hill.

Perform an individual start at speed on an 8m supercross start-hill.

Roll out of an 8m supercross start hill at speed, under pressure (Nationals, World Cup, World Champs etc)

### JUMPING

Use a table-top jump to get both wheels of the ground.

Clear a medium sized step up or double jump, landing to backside consistently, smoothly and quietly.

Shape a jump and clear larger jumps of all types in training sessions.

Maintain or generate speed off a jump.

Always maintain or generate speed off a jump in racing.

Attack jumps at speed under pressure in packs at pressure moments (Nationals, World Cup, World Champs etc)

### MANUALLING & PUMPING

Manual over a tabletop.

Manual through a double or Stepup.

Perform a double manual.

Gain speed through a manual.

Manual multiple jumps on a rhythm straight.

Manual multiple jumps on a rhythm straight at speed and pull a manual at speed and under pressure for multiple jumps (high/Low take offs etc)

Pump a roller and a table top.

Pump a double and a triple.

Exit a national level rhythm section with greater speed than you entered with.

Manual at least half a national standard rhythm section

### PEDALLING

Perform BMX pedalling technique on flat ground.

Perform a controlled acceleration from a rolling start on flat ground.

Continue to accelerate up to peak cadence from a rolling start and track a line on flat ground.

Perform a sprint effort side-by-side with at least three other riders on flat ground.

Perform effective sprint efforts at every opportunity in every race.

Perform effective sprint efforts at every opportunity in every race under pressure. Understand under pressure when not to pedal.

Perform a sprint effort wherever possible on the track during a full-lap effort.

### CORNERING

Perform correct cornering posture and line choice on a flat corner.

Rail a berm and show high-low, low-high and the racing line through corners.

Apply high-low, low-high and the racing line through corners while riding with another rider.

Perform cornering moves instinctively to maintain speed when riding with other riders.

Pre-empt cornering scenarios in racing to maintain or gain placings and protect line

Pre-empt cornering scenarios in racing to maintain or gain placings and protect line

### GROUP RIDING

Ride side-by-side with another rider for a full lap.

Ride with eight riders in at least four-a-breast formation, making contact with riders.

Perform a staged effort in a group over different sections of the track.

Maintain position by the end of the first turn of a race.

Ride at speed when surrounded by other riders.

Gains a position by the end of the first turn.

Be comfortable to jump, manual and perform any skill in any situation in a pack & under pressure.

### FINISHING

Pedal all the way to finish after the last jump.

Sprint all the way to the finish after the last jump.

Perform a lunge at the end of the race.

Sprint side-by-side with riders either side all the way to the finish.

Perform an effective sprint and lunge while in close contact with other riders.

Under pressure, consistently make good decisions on the home straight under pressure.

### RACELINES

Understand and identify what a race line is, optimal corner entry lines are and able to showcase riding of this alone on the track.

Able to read these lines with others alongside you.

Starting to showcase confidence and ability to be able to perform this in a pack of 4 or more.

Showing the ability to perform race lines and optimal corner entries in race situations.

Race at speed and perform these race lines and corner entries under pressure

### LANE CHOICE

Understand and understand optimal lane choices

Able to identify optimal lanes at different tracks.

Beginning to choose lanes based on optimal line into first turn.

Able to understand lane choices under pressure and understand best lines to maximise performance in any situation.

SKILL

RELEVANT EXPERIENCE