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Introduction

The aim of the Kiwi Sprocket Rocket Program is to develop the basic skills of BMX, by focusing the young riders development on improving skills

It cannot be stressed enough, how important it is for young BMX riders to develop the correct techniques for the various skills of riding a bike. If the correct techniques are not developed at an early age, the risk of injury to riders in later years is increased dramatically, as poor technique is the most common cause of injury in BMX.

Up to approximately 7 years of age it is recognised that athletes are in the early stage of skill learning, where it is important to focus on general motor skills. The skills award program is designed to aid coaches in teaching the general skills and techniques of riding a bike.

The better young riders master the general skills of riding at an early age the easier (and often faster) it is for coaches to progress the riders' skill levels during the intermediate stage of skill learning (8-12 years). Therefore by developing a sound skill base, the foundation for developing the more specific BMX skills has been laid for future years.

The skills award program is therefore set out, whereby the riders progress from levels 1-3 for each of the basic skills of riding a bike (i.e.: pedaling, balance, braking and cornering) in a progressive manner.

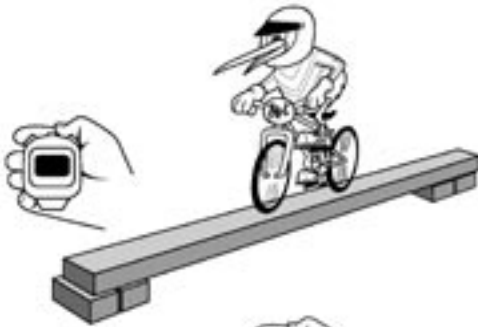
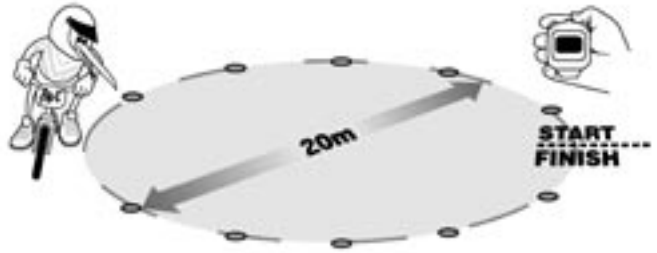
It is important that riders spend the two weeks allocated to each skill challenge to develop the necessary skills to progress to the next level. This allows the coach to initially observe the riders current skill level in week one, then see if riders have improved in week two through spending time practicing the skill.

The entire program should take each rider 24 weeks to complete, as it is simply a matter for the rider and coach to work through the Logbook and achieve each goal set along the way.

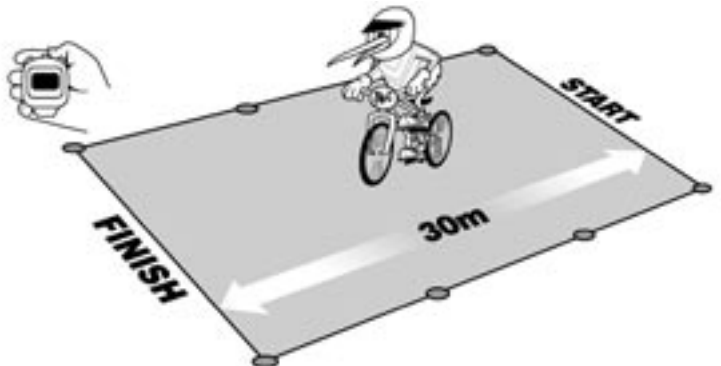
So good luck with the program and remember the more skills riders have the more fun they have riding their bikes.

Why Practice Skills?

Why do I need to learn these skills?



Because the more skills I have, the more fun I can have with less crashes!!



How to Achieve A Skills Award Certificate

Question 1 What skills are the certificates for?

Answer

The certificates are awarded for skills of Pedaling, Balance, Braking and Cornering.

Question 2 Why are there three levels of each skill award?

Answer

Each level from 1-3 is designed to be a little harder, so that the rider should progressively develop their skills.

Question 3 How do riders finish each level?

Answer

Riders must either improve their times or their score sufficiently from week one to week two, to a standard that is deemed satisfactory .

Question 4 How do riders move on to the next level?

Answer

It is up to the coach if the riders are permitted to move on to the next level at the end of the two week period.

Question 5 How long does it take to get each certificate?

Answer

Once the rider has achieved three stamps in the back of this Logbook for each skill (i.e.: one for each level) they are eligible to receive a skill award certificate.

Question 6 Who stamps the Logbook?

Answer

The coach will stamp the Logbook with the appropriate skill stamps.

Question 7 Who gives out and signs the skills award certificates?

Answer

The coach is to hand out and sign the skills awards certificates.

Question 8 Can a rider be recognised for my skill development in other ways?

Answer

The coach can come up with their own skills award program to follow up from this one if the riders are looking for new challenges.

Guidelines For Coaches / Kiwi Sprocket Rocket Co-ordinators

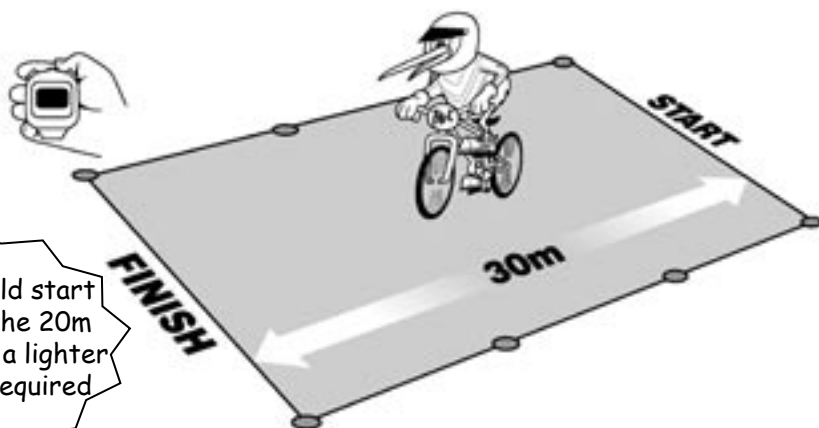
The Coach / Kiwi Sprocket Rocket Co-ordinator should:

1. Focus more on positive feedback and the skill needs of the drill, rather than negative feedback.
2. Look to a successful performance in all the drills, as improvements in individual rider skills, not who is the best in the group. (Hence every one can be a winner!)
3. Act as starter/time keeper for each drill.
4. Ensure finish line areas have plenty of run-off and are not congested by the other riders.
5. Allow riders two to three practice runs through each drill.
6. Encourage each rider to perform and record three attempts at each drill.
7. Record the time/score in the space provided each week in the Logbook.
8. Ensure the best time/score for each drill after the two week period is recorded in the back of the Logbook along with the appropriate stamp.
9. Move riders on to the next level, only when they have satisfied the coach that they have personally improved their technique at a particular skill drill.
10. Award the skill certificates at the completion of level three for each of the four skills (i.e.: Pedaling, Balance, Braking and Cornering).
11. Allow ample time for skill development. Do no 'rush' riders or shorten the program.
12. Emphasis the points outlined in the shaded areas before and after a rider performs a drill.
13. Ensure that the activities are set-up exactly the same from week one to week two, so a true indication of improvement can be gained.
14. Follow the example schedule for the program as outlined in the Kiwi Sprocket Rocket Guidebook.

Level One - PEDALLING

Straight Line Time Trial

GOAL	To develop a smoother pedaling rhythm.
EQUIPMENT	8 x marker cones, stopwatch, tape measure.
ACTIVITY FORMAT	Mark out a 30 metre long straight. Make one end the start and the other the finish
ACTIVITY	On the command GO, the rider must sprint down the straight from a standing start.
RECORDS	Record the times from each of the three runs in the space provided. Ensure the fastest time for the two week period is recorded in the back of this Logbook.
PROGRESSION	To move on the level 2 the rider must satisfy the coach that they will have improved their time and pedaling rhythm sufficiently from week one to week two.

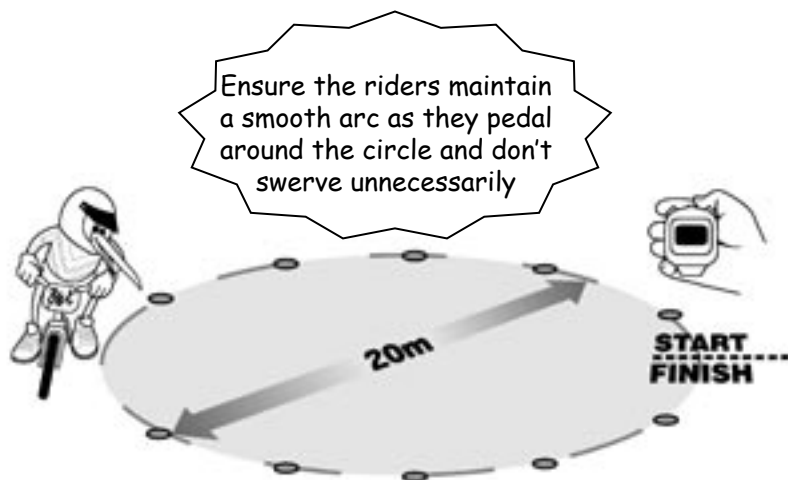


	Time 1	Time 2	Time 3	BEST TIME
Week 1				
Week 2				

Level Two - PEDALLING

Circular Time Trial

GOAL	Improve pedaling through corners.
EQUIPMENT	10 marker cones, stopwatch, tape measure.
ACTIVITY FORMAT	Mark out a circular course (20 metre diameter). Make a start/finish line at one point on the course.
ACTIVITY	On the command GO, the rider must ride in a clockwise direction for three circuits of the course.
RECORDS	Record the times from each of the three runs in the space provided. Ensure the best time for the two week period is recorded in the back of this Logbook.
PROGRESSION	Improve their time and pedaling through corners technique from week one to week two.

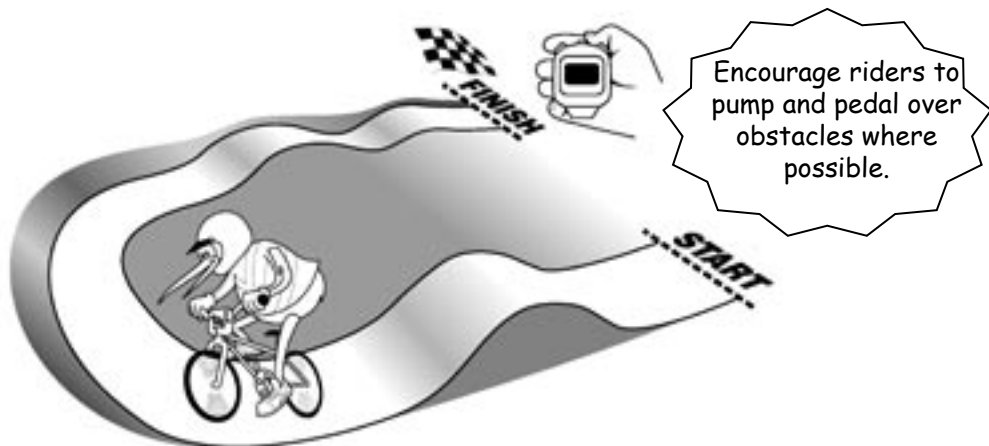


	Time 1	Time 2	Time 3	BEST TIME
Week 3				
Week 4				

Level Three - PEDALLING

Half Track Time Trial

GOAL	To develop a smooth pedaling rhythm over obstacles.
EQUIPMENT	Stopwatch, 4 x marker cones, tape measure.
ACTIVITY FORMAT	Mark out a start line at the half way point of the BMX track and use the second half of the BMX track as the time trial course. The finish line will be the same finish line used for normal competitions.
ACTIVITY	On the command GO, the rider must pedal the course from start to finish.
RECORDS	Record the times from each of the three runs in the space provided. Ensure the fastest time for the two week period is recorded in the back of this Logbook.
PROGRESSION	If the coach is satisfied with the level of improvement over the three levels, the sprocket rocket is then entitled to receive their achievement certificate for pedaling.



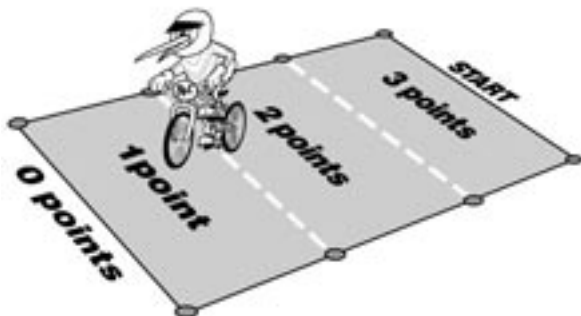
	Time 1	Time 2	Time 3	BEST TIME
Week 5				
Week 6				

Level One - BALANCE

Slow Ride

GOAL	To increase the riders' sense of balance on the bike.
EQUIPMENT	8 x marker cones, stopwatch, tape measure.
ACTIVITY FORMAT	Set up a slow lane 3 metre long and 1 metre wide. Mark out three 1 metre long sections within the slow lane. Allocate 3 pts to the first section and 2 pts to the middle section and 1 pt to the remaining section.
ACTIVITY	On the command GO, the riders proceed into the slow lane riding without touching the ground, hopping, stopping or going backwards. Riders must try and remain in the slow area for the period of 1 minute. Only at the end of 1 minute, will riders still in the slow lane be allocated a score based on the section their front wheel is in.
RECORDS	Record the times from each of the three runs in the space provided. Ensure the highest score for the two week period is recorded in the back of this Logbook.
PROGRESSION	To move on to level two the rider must satisfy the coach that they have improved their score and balance sufficiently from week one to week two.

Encourage riders to use their brakes to assist with balance.



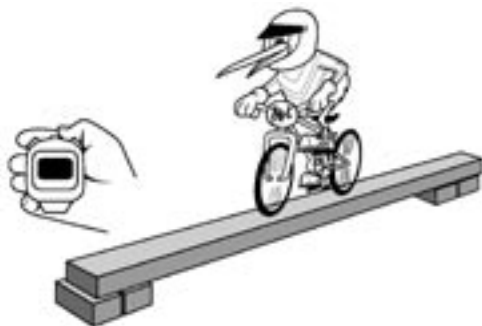
	Time 1	Time 2	Time 3	BEST TIME
Week 7				
Week 8				

Level Two - BALANCE

Ride the Plank

GOAL	Improve straight line (directional) balance.
EQUIPMENT	Plank (15cm wide x 3 metres long), 2 x bricks (10 cm wide), stopwatch.
ACTIVITY FORMAT	Use the above specified plank, raised 10 cm off the ground, as the course.
ACTIVITY	Ride slowly onto the plank at one end. Ride along the plank as slowly as possible without stopping or falling off. The time starts when the rider's front wheel mounts the plank and finishes when the rider dismounts the plank or falls off.
RECORDS	Record the times from each of the three runs in the space provided. Ensure the slowest time for the two week period is recorded in the back of this Logbook.
PROGRESSION	To move on to level three runs the rider must be able to negotiate the plank to a standard considered satisfactory by their coach.

Ensure riders maintain a straight line as they proceed across the plank.



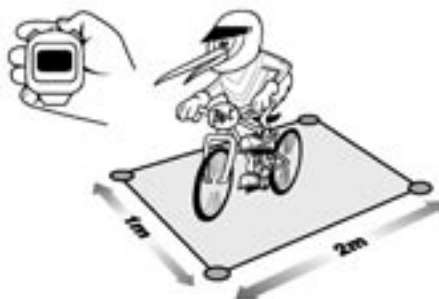
	Time 1	Time 2	Time 3	BEST TIME
Week 9				
Week 10				

Level Three - BALANCE

Stationary Balance

GOAL	To assist in developing the balance required for a two pedal start.
EQUIPMENT	4 x marker cones, stopwatch, tape measure.
ACTIVITY FORMAT	Mark out a square (1 metre x 2 metres).
ACTIVITY	Ride into the square slowly, stop and balance for a minimum of 5 seconds. Riders must try and balance without their feet touching the ground, hopping or rolling outside the square for as long as possible. The time starts once the rider is unable to balance inside the square any longer.
RECORDS	Record the times from each of the three stationary balances in the space provided. Ensure the longest time for the two week period is recorded in the back of this Logbook.
PROGRESSION	If the coach is happy with the level of improvement over the three levels, the sprocket rocket is then entitled to receive their achievement certificate for balance.

Riders will need to move their body weight around over the bike to maintain balance.

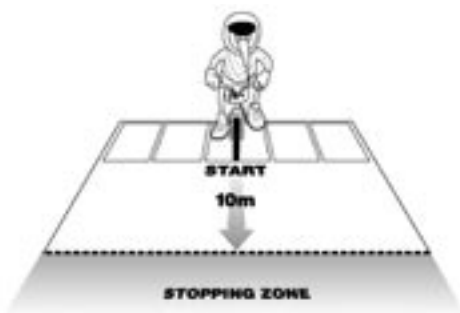


	Time 1	Time 2	Time 3	BEST TIME
Week 11				
Week 12				

Level One - BRAKING

Continuous Braking (Distance)

GOAL	To improve the rider's feel and touch on the brakes.
EQUIPMENT	Tape measure, 4 x marker cones.
ACTIVITY FORMAT	Mark out a start line on top of the starting hill and a finish line at the end of the 10 metre lines.
ACTIVITY	On the command GO, the rider must roll off the start line and gather momentum towards the finish line without pedaling. Once riders pass through the finish line they must begin to apply continuous braking without locking up the rear wheel until they come to a complete stop.
RECORDS	To record the result simply measure the distance from the finish line to the point where the rider stopped. Record the distances from each of the three attempts in the space provided. Ensure the shortest distance for the two week period is recorded in the back of this Logbook.
PROGRESSION	To move on to level two the rider must satisfy the coach they have improved their continuous braking over the two weeks by shortening the distance required to slow the bike down.



Coaches should encourage riders to move their weight over the rear wheel when applying continuous braking.

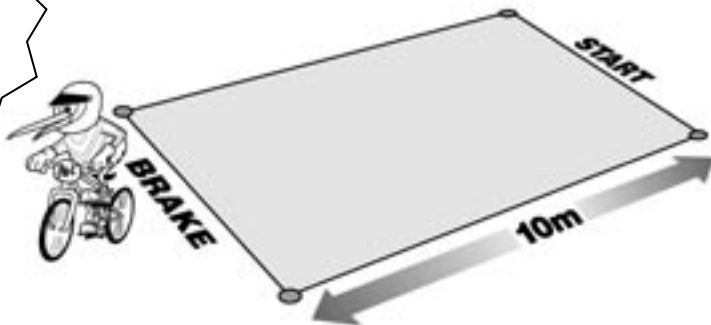
	Time 1	Time 2	Time 3	BEST TIME
Week 13				
Week 14				

Level Two - BRAKING

Slide Arouns (Degrees)

GOAL	To develop control of the bike in a slide.
EQUIPMENT	Tape measure, 4 x marker cones.
ACTIVITY FORMAT	Use a flat grassy area or a loose gravel area for this drill. Mark out a 10 metre run-up area.
ACTIVITY	Riders simply accelerate over the 10 metres before attempting to slide out.
RECORDS	To record the score simply estimate the number of degrees the rider has slid around (i.e. 180°, 270°, 360°). Record the degrees (estimate) from each of the three attempts in the space provided. Ensure the highest degrees for the two week period is recorded in the back of this Logbook.
PROGRESSION	To move on to level three the rider must, after the two weeks, satisfy the coach they have control of the bike in a slide.

Ensure riders plant one foot firmly on the ground before laying the bike into a slide.



	Time 1	Time 2	Time 3	BEST TIME
Week 15				
Week 16				

Level Three - BRAKING

Go to Whoa

GOAL To improve the rider's acceleration and braking judgement.

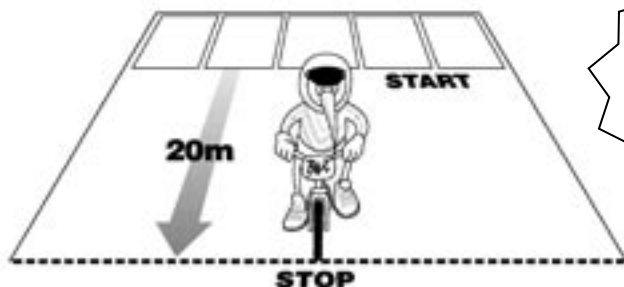
EQUIPMENT Tape measure, 4 x marker cones.

ACTIVITY FORMAT Mark out a start line and a finish line (20 metres apart).

ACTIVITY On the command GO, the rider must sprint off the start line. Then before riders reach the finish line, they must apply the brakes at precisely the right time so they stop with their front wheel on the finish line and both feet on the pedals.

RECORDS To record the result, simply time each rider's successful attempts. Record the times from each of the three attempts in the space provided. Ensure the fastest time for the two week period is recorded in the back of this Logbook.

PROGRESSION If the coach is happy with the level of improvement over the three levels the sprocket rocket is then entitled to receive their achievement certificate for braking.



Encourage riders to sprint harder off the line and brake later to improve their times.

	Time 1	Time 2	Time 3	BEST TIME
Week 17				
Week 18				

Level One - CORNERING

No Pedal Slalom (Distance)

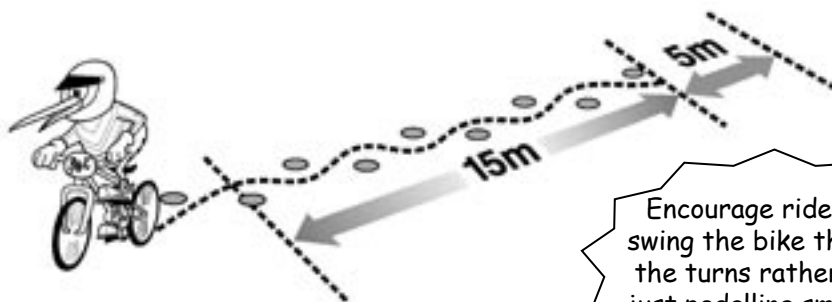
GOAL To teach riders how to generate speed through turn-in skills.

EQUIPMENT Tape measure, 9 x marker cones.

ACTIVITY FORMAT Mark out a slalom course (20 metres in length). Make a start line at one end of the course. After the start line leave a gap of 5 metres before laying out the markers 3 metres apart for the next 15 metres.

RECORDS To record the result simply measure the distance from the last marker cone to the point where the riders stops. Record the scores from each of the three no pedal slaloms in the space provided. Ensure the largest score for the two week period is recorded in the back of this Logbook.

PROGRESSION To move to the level two the rider must satisfy the coach they have, from week one to week two, sufficiently improved their distance travelled.



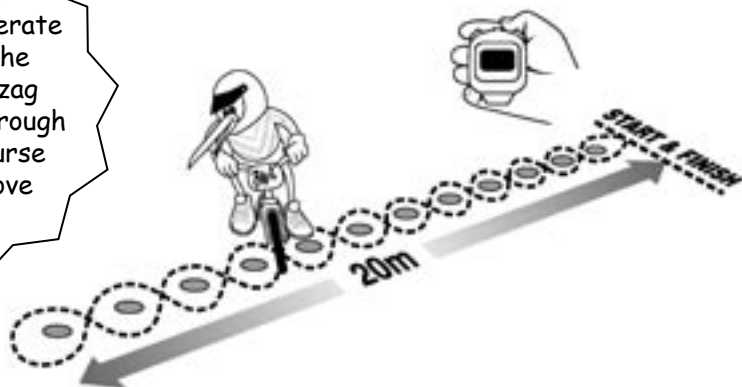
	Time 1	Time 2	Time 3	BEST TIME
Week 19				
Week 20				

Level Two - CORNERING

Slalom Time Trial

GOAL	To improve pedaling in and out of turns.
EQUIPMENT	Tape measure, stopwatch, 12 x marker cones.
ACTIVITY FORMAT	Mark out a slalom course (20 metres in length). Place the marker cones 2 metres apart.
ACTIVITY	On the command GO, the rider must zigzag in and out of the markers in both directions, trying to pedal where possible.
RECORDS	Record the times from each of the three slaloms in the space provided. Ensure the fastest time for the two week period is recorded in the back of this Logbook.
PROGRESSION	To progress to level three the rider must satisfy the coach, they have, from week one to week two, sufficiently improved their time and zig zagging technique.

Encourage riders to accelerate rapidly off the start and zigzag aggressively through the slalom course to help improve distance.

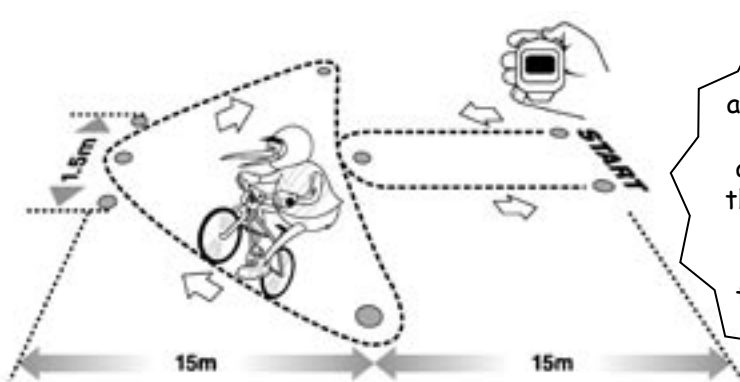


	Time 1	Time 2	Time 3	BEST TIME
Week 21				
Week 22				

Level Three - CORNERING

Obstacle Course Time Trial

GOAL	To help riders incorporate late braking and tight turning techniques into their cornering skills.
EQUIPMENT	Tape measure, stopwatch, 8 x marker cones.
ACTIVITY FORMAT	Mark out the obstacle course as outline in the diagram below.
ACTIVITY	On the command GO, the rider must try and negotiate the obstacle course in the fastest possible time without removing their feet from the pedals or making contact with any markers.
RECORDS	Record the times from each of the three attempts in the space provided. Ensure the fastest time for the two week period is recorded in the back of this Logbook.
PROGRESSION	If the coach is happy with the level of improvement over the three levels, the Sprocket Rocket is then entitled to receive their achievement certificate for Cornering.



Riders should apply late braking techniques and attempt to slide through the turns to keep a tight line if they are to improve their overall time.

	Time 1	Time 2	Time 3	BEST TIME
Week 23				
Week 24				

SKILLS AWARDS ACHIEVEMENTS

Skill	Level	Best Score/Time	Date Achieved	Stamp
1. Pedalling	- 1 -			
(Weeks 1-6)	- 2 -			
	- 3 -			
2. Balance	- 1 -			
(Weeks 7-12)	- 2 -			
	- 3 -			
3. Braking	- 1 -			
(Weeks 13-18)	- 2 -			
	- 3 -			
4. Cornering	- 1 -			
(Weeks 19-24)	- 2 -			
	- 3 -			

TRAINING TIPS

Autographs