

TRACK CYCLING SKILL ACQUISITION

IDENTIFY

PLAN

EXECUTE

REVIEW

STARTS

Present the bike in the correct starting position

Perform a held start with correct body and pedal position

Perform start phases one and two through turns one and two

Perform start phases one and two, transferring into phase three in the back straight, continuing through turns three and four

Perform a start from a start gate and deliver all start phases efficiently in a race

Perform a start from a held position and deliver all start phases efficiently in a race

RIDING IN PACE LINES

Follow another rider at a bike length gap on the black, red and blue lines and perimeter fence

Follow another rider within half a wheel sized gap on any line and the perimeter fence

Show control in all positions in a line when riding a manoeuvring activity

Consistently ride the World Class line during bunch race efforts

Consistently ride the World Class line during Team Pursuit efforts.

Ride within the racing line during a Madison and follow the live rider during changes

SLOW SPEED SKILLS

Ride one handed in the straights
Ride in the straight at slower than walking pace and perform a complete stop on the apron and roll away

Ride a lap with either hand off the bars
Perform a track stand in a straight

Ride a lap at the top of the track that takes longer than 25 seconds
Track stand in the straights at any height

Ride a lap at the top of the track that takes longer than 30 seconds
Track stand on the 25m and 100m marks

Ride a lap at the top of the track that takes longer than 35 seconds

Track stand at any height at the 25m and 100m marks

GROUP RIDING

Ride in pairs, within a handlebar width gap apart on the black, red and blue lines and perimeter fence

Ride from the back to the front of a group of riders in pairs, threes and fours

Ride dynamically and escape when surrounded by or boxed in by other riders

Perform a tandem change from second position in a Madison

Can ride an elimination race in a variety of different ways consistently

CHANGES

Change from the front of a line to the back when riding on the blue

Perform Team Pursuit changes consistently and efficiently when riding on drop handlebars

Take up a position within the front quarter of an active racing line after changing from the front

Perform Team Pursuit changes consistently and efficiently when riding on aero-bars when riding with 3 or 4 riders
Perform Team Sprint changes consistently and efficiently when riding in team format

Time your changes and positioning to be placed to score points or contest the win in a bunch race

ACCELERATION

Perform a seated acceleration in a straight line, maintaining race position.

Accelerate out of the saddle in a straight line for a whole straight.

Accelerate out of the saddle anywhere on the track while holding a line.

Accelerate out of the saddle whilst tracking a line, using track height and gradient to assist with the acceleration.

Accelerate out of the saddle for at least 20m during a Flying 200m lead-in and hold the fastest line for the track.

ATTACKING

Perform a staged attack during a bunch race.

Perform a counter attack.

Perform a well-timed attack and counter attack.

Perform a well-timed attack; over, under and through the bunch.

Can follow or instigate a lap-take on the bunch.

FINISHING

Perform a lunge at the end of every race and sprint.

Perform a co-ordinated team pursuit finish.

Win a race from the front of the bunch and from the back of the bunch.

Deliver a 2-lap controlled acceleration at the end of a race.

Perform a well-timed sprint to the line.

OBSERVATION

Look over both shoulders whilst in race position.

Look over both shoulders whilst in a line of riders from any position in the line.

Ride anywhere on the track and be able to look continuously over either shoulder.

Observe bunch movement in races to pick-up and follow wheels for effective bunch placement and anticipate attacks.

Consistently show correct resting order and timing of changes to the new live rider for a points sprint during a Madison.

GAP MANAGEMENT

When in a line, moderate the gap to the rider in front using pedals.

Use track gradient to moderate the gap

Maintain a consistent gap using the track gradient when riding as the rear rider in a Hide and Seek exercise.

Execute a well-timed gap rush in a race scenario.

Show rushing the gap and holding a rider on the hip in a range of sprint and bunch sprint scenarios.

RELEVANT EXPERIENCE