MOUNTAIN BIKING SKILL ACQUISITION

EXECUTE

REVIEW

PLAN

IDENTIFY





STARTS Clip-in on the first stempt when starting. Clip-in on the first stempt when scales elected on the changing pear smoothly as required. Clip-in on the first stempt when scales elected on the changing pear smoothly as required. Clip-in on the first stempt when scales elected on the changing pear smoothly as required. Clip-in on the first stempt when scales elected on the changing pear smoothly as required. Clip-in on the first stempt when scales elected on the changing pear smoothly as required. Clip-in on the first stempt when scales elected on the changing pear smoothly as required. Consistently ridd a meet in all to different comering in a group. Contact with the riders next to you. Carry momentum through a bunch, gaining pear smoothly as required. Contact with the riders next to you. Carry momentum through a downhill comers and ride low-which an rigin-low. STEP-UPS, STEP-UPS, STEP-OVERS & BUNNY HOPPING Perform a rear wheelift consistently. STEP-OVERS & BUNNY HOPPING The start is the start was a start scale as the bring and adversarial contacts of the riders. Cliffs the triming of a manual and rear wheelift to ostep over an object or stempt on the start was a start scale as the scale was pearling. Consistently start do consistently with an excellation of the group of a dead. Sprint to defend placing at the first. Consistently ride a mean ride bulk read is all the rider and scale the rider. Sprint to defend placing at the first. Start consistently ride a mean ride to were included in the scale that the scale was read and scale to were included in the scale was read and scale to were included in the scale was read and scale to were include						
Report of the policy of the	STARTS	·	accelerate out of the saddle -		,	technical and tactical elements to gain
CORNERING Perform correct cornering posture and line choice to take the quickest line on a flat corner. Perform a rear wheel lift consistently and in the floring at the floring of a manual and rear wheel lift consistently and floring of a manual and rear wheel lift consistently and floring of a manual and rear wheel lift consistently and floring of a manual and rear wheel lift consistently and floring of a manual and rear wheel lift consistently and floring of a manual and rear wheel lift to step-over an object or step-up a skern. Link the timing of a manual and rear wheel lift to step-over an object or step-up a skern. Link the timing of a manual and rear wheel lift to step-over an object or step-up a skern. Link the timing of a manual and rear wheel lift to step-over an object or step-up a skern. Lift TS & BUNNY HOPPING Move dynamically from ready position in any corner step-up a skern. Move dynamically from ready position in any corner step-up a skern. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Porport a kerb-height drop using a power assisted front wheel lift. Porport a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Porport a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Porport a kerb-height drop using a power assisted front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel	GROUP RIDING		formation in a bunch of riders, making		riders in a race and gain places at	, , , , , , , , , , , , , , , , , , ,
CORNERING Perform correct comering posture and line choice to take the quickest line on a flat corner. Ridde off-camber corners on a range of lines, and be remained ride low-high and high-low. Seek and use trail features to act as berms and aid fraction. STEP-UPS, STEP-OYERS & BUNNY HOPPING Perform a rear wheel lift to step-over an object or step-up a kerb. Link the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. Link the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. Link the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. Perform a rear wheel lift to step-over an object or step-up a kerb. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front wheel lift. Perform a controlled lift of the front consistently manual. Perform a controlled lift of the front wheel lift. Perform a controlled lift of t						Sprint to defend placing at the finish.
STEP-UPS, STEP-OVERS & BUNNY HOPPING TRONT WHEEL LIFTS & DROP-OFFS Negotiate straight line descents, bomb-holes and childs whits consistently melitaining ready position. Negotiate straight line descents, bomb-holes and childs whits consistently melitaining ready position. Negotiate stem-ups at rack stand, moving of tagain without wheel lift or spin. Maintain traction throughout a steep climb with a solid surface and ride into a track stand, moving of tagain without wheel lift or spin. Carry momentum over hub-leight drop-offs using a front wheel lift. Consistently negotiate B-Line descents, bomb-holes and childs whits consistently melitaining ready position. Censistently negotiate B-Line descents, bomb-holes and childs whits consistently melitaining ready position. Negotiate straight line descents, bomb-holes and childs whits consistently melitaining ready position. Negotiate straight line descents, bomb-holes and childs whits consistently melitaining ready position. Negotiate technical descents, bomb-holes and childs whits consistently melitaining ready position. Negotiate technical descents, bomb-holes and childs whits consistently melitaining ready position. Negotiate technical descents, bomb-holes and childs whits consistently melitaining ready position. Negotiate stering of tage with pood surfaces. Negotiate step-ups on steep climbs with a loose surface and ride into with a solid surface and ride into with a loose surface and ride with a loose surface and ride with a loose surface and ride with pood surfaces. Negotiate step-ups on steep climbs with good surfaces. Negotiate step-ups on steep climbs with good surfaces. Negotiate step-ups on steep climbs with good surfaces. Climb series of very tight without wheel sirt or spin. Negotiate step-ups on steep climbs with good surfaces. Climb series of very tight with good surfaces. Drive through swith	CORNERING	and line choice to take the quickest			lines, rail berms and ride low-high and	, ,
STEP-OVERS & BUNNY HOPPING Perform a rear wheel lift to consistently and with control using flat pedals. Wheel lift to step-over an object or step-up a kerb. LIRK the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. LIRK the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. LIRK the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. LIRK the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. LIRK the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. LIRK the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. LIRK the timing of a manual and rear wheel lift to step-over an object or step-up a kerb. LIRK the timing of a manual and rear wheel lift to step-over an object or step-up and had all trailed and flow in all trail enterouphout a race. Manual over a table-top jump. Manual through a double jump. Little the Manual to maintain speed and flow in all trail environments. Carry momentum over wheel-height drop-offs in the trail using either type of front wheel lift. Consistently negotiate A-Lines. Consistently negotiate B-Line descents. bomb-holes and chutes whilst consistently steping centred. DESCENDING Negotiate straight-line descents. bomb-holes and chutes whilst consistently steping centred. Negotiate technical descents. bomb-holes and chutes whilst consistently steping centred. Negotiate straight-line descent. bomb-holes and chutes whilst consistently steping centred. Papply manual and bunny-hop techniques to a straight-line descent. Techniques to a straight-line descent. Link pumping and jumping on a pump track. Link pumping and jumping on a pump track. PulmPING Link pumping and jumping on a pump track. Link pumping and jumping o			Carry momentum through a berm.	Ride off-camber corners on a range of		
LIFTS & DROP-OFFS Perform a controlled lift of the front wheel using the pedals. Drop-off a kerb-height drop using a power assisted front wheel lift. Drop-off susing a front wheel lift. Drop-off susing a front wheel lift. Drop-offs using a front wheel lift. Carry momentum over hub-height drop-offs in the trail using either type of front wheel lift. Consistently negotiate A-Lines. Descending a front wheel lift. Negotiate straight line descents, bomb-holes and chutes whilst consistently staying centred. Negotiate straight line descents, bomb-holes and chutes whilst consistently staying centred. Perform a controlled lift of the front wheel lift. Negotiate straight line descents, bomb-holes and chutes whilst consistently staying centred. Perform a controlled lift of the front wheel lift. Negotiate straight line descents, bomb-holes and chutes whilst consistently negotiate B-Line descent. Apply manual and bunny-hop techniques to any descents with flow in races. Apply manual and bunny-hop techniques to any descents with flow in races. Cliean step-ups and change line on steep, loose, rocky and muddy surfaces. Drive through switchback turns and transition climbs. Drive through switchback turns and transition climbs. JUMPING & Use a table-top jump to get both wheel is off the ground. Jump a table-top a bike length or longer, smoothly and quietly. Link pumping and jumping on a pump track. Link pumping and jumping on a pump pump track. Link pumping and jumping on a pump pump track.	STEP-OVERS &	,	wheel lift to step-over an object or	half a bike length in distance from a	avoid trail obstacles and carry momentum without needing to	elements to advantageously change
DESCENDING Negotiate straight line descents, bomb-holes and chutes whilst consistently maintaining ready position. Negotiate tracition throughout a steep climb with a solid surface and ride into a track stand, moving off again without wheel lift or spin. Maintain traction throughout a steep climb with a solid surface and ride into a track stand, moving off again without wheel spin or lift. Maintain traction throughout a steep climb with a solid surface and ride into a track stand, moving off again without wheel spin or lift. Maintain traction throughout a steep climb with ellift or spin. Maintain traction throughout a steep climb with a solid surface and ride into a track stand, moving off again without wheel spin or lift. JUMPING & Use a table-top jump to get both wheels off the ground. DESCENDING Negotiate technical descents, bomb-holes and chutes whilst consistently negotiate B-Line descent. Consistently negotiate B-Line descents. Apply manual and bunny-hop techniques to any descents with gload bunny-hop techniques to any descents Clean step-ups and change line on steep, loose, rocky and muddy surfaces. Climb a series of very tight switchback bends. Drive through switchback turns and transition climbs. Maintain speed in races by identifying objects of trail that can be pumped to gain momentum. Maintain speed in races by identifying objects of trail that can be pumped to gain momentum.			-	Manual over a table-top jump.	Manual through a double jump.	
Negotiate straight line descents, bomb-holes and chutes whilst consistently maintaining ready position. Negotiate technical descents, bomb-holes and chutes whilst consistently staying centred. Apply manual and bunny-hop techniques to a straight-line descent. Apply manual and bunny-hop techniques to any descents Apply manual and bunny-hop techniques Apply manual and bunny-hop techniques Apply manual and bu					drop-offs in the trail using either type	featuring in a race, maintaining or
consistently maintaining ready position. Apply manual and bunny-hop techniques to a straight-line descent. Apply manual and bunny-hop techniques to any descents Apply manual and bunny-hop techniques to any descents Apply manual and bunny-hop techniques to any descents Clean step-ups and change line on steep, loose, rocky and muddy surface and ride into a track stand, moving off again without wheel lift or spin. Maintain traction throughout a steep climb with a loose surface and ride into a track stand, moving off again without wheel spin or lift. Clean step-ups and change line on steep, loose, rocky and muddy surfaces. Climb a series of very tight switchback bends. Drive through switchback turns and transition climbs. Consistently transition every climb in race. Maintain speed in races by identifying obstacles and features to use as lips to jump or pre-jump.	DESCENDING	bomb-holes and chutes whilst consistently maintaining ready	bomb-holes and chutes whilst		Consistently negotiate A-Lines.	and consistently, linking all sectors
CLIMBING Maintain traction throughout a steep climb with a solid surface and ride into a track stand, moving off again without wheel lift or spin. Maintain traction throughout a steep climb with a loose surface and ride into a track stand, moving off again without wheel spin or lift. Climb a series of very tight switchback bends. Drive through switchback turns and transition climbs. Drive through switchback turns and transition climbs. Drive through switchback turns and transition every climb in race. Maintain traction throughout a steep climb with good surfaces. Climb a series of very tight switchback bends. Drive through switchback turns and transition climbs. Maintain traction throughout a steep climb with good surfaces. Climb a series of very tight switchback turns and transition climbs. Maintain speed in race to maintain or gain placings. Consistently transition every climb in race. Maintain speed to maintain or gain placings. Identify sections of trail that can be pumped to gain momentum. Maintain speed in races by identifying obstacles and features to use as lips to jump or pre-jump.						
without wheel lift or spin. without wheel spin or lift. Climb a series of very tight switchback bends. Drive through switchback turns and transition climbs. Use a table-top jump to get both wheels off the ground. Jump a table-top a bike length or longer, smoothly and quietly. Link pumping and jumping on a pump track. Identify sections of trail that can be pumped to gain momentum. Waintain speed in races by identifying obstacles and features to use as lips to jump or pre-jump.	CLIMBING	climb with a solid surface and ride into a track stand, moving off again	climb with a loose surface and ride into a track stand, moving off again		steep, loose, rocky and muddy	
wheels off the ground. longer, smoothly and quietly. track. pumped to gain momentum. obstacles and features to use as lips to jump or pre-jump.						
Pump a whole lap of a pump track. Pump multiple laps of a pump track. Shape a jump.					pumped to gain momentum. obstacles and features to use	obstacles and features to use as lips
		Pump a whole lap of a pump track.	Pump multiple laps of a pump track.	Shape a jump.		to jump or pre-jump.

RELEVANT EXPERIENCE