

MOUNTAIN BIKING SKILL ACQUISITION

IDENTIFY

PLAN

EXECUTE

REVIEW

STARTS

Clip-in on the first attempt when starting.

Clip-in on the first attempt and accelerate out of the saddle - changing gear smoothly as required.

Gain places during a start effort against other riders.

Start consistently and confidently and gain places from any grid position.

Deliver a start using a range of physical, technical and tactical elements to gain places.

GROUP RIDING

Ride side-by-side making contact with another rider.

Ride in at least four-a-breast formation in a bunch of riders, making contact with the riders next to you.

Navigate through a bunch, gaining position in the group as required.

Consistently hold a wheel in a line of riders in a race and gain places at every opportunity in training.

Defend and gain position throughout a race.

Sprint to defend placing at the finish.

CORNERING

Perform correct cornering posture and line choice to take the quickest line on a flat corner.

Negotiate uphill & downhill switchbacks.

Carry momentum through a berm.

Negotiate uphill and downhill corners in a group.

Ride off-camber corners on a range of

Identify and ride different cornering lines, rail berms and ride low-high and high-low.

Seek and use trail features to act as berms and aid traction.

Maintain or gain position in any corner type in a race.

STEP-UPS, STEP-OVERS & BUNNY HOPPING

Perform a rear wheel lift consistently and with control using flat pedals.

Link the timing of a manual and rear wheel lift to step-over an object or step-up a kerb.

Bunny-hop at least 20 cm high and half a bike length in distance from a jogging pace run-up.

Bunny-hop cleanly and consistently to avoid trail obstacles and carry momentum without needing to change line.

Consistently apply these technical elements to advantageously change line throughout a race.

FRONT WHEEL LIFTS & DROP-OFFS

Move dynamically from ready position then manual.

Perform a controlled lift of the front wheel using the pedals.

Manual on flat ground for at least five meters.

Drop-off a kerb-height drop using a power assisted front wheel lift.

Manual over a table-top jump.

Carry momentum over hub-height drop-offs using a front wheel lift.

Manual through a double jump.

Carry momentum over wheel-height drop-offs in the trail using either type of front wheel lift.

Utilise the Manual to maintain speed and flow in all trail environments.

Consistently negotiate any drop-off featuring in a race, maintaining or gaining pace.

DESCENDING

Negotiate straight line descents, bomb-holes and chutes whilst consistently maintaining ready position.

Negotiate technical descents, bomb-holes and chutes whilst consistently staying centred.

Consistently negotiate B-Line descents.

Apply manual and bunny-hop techniques to a straight-line descent.

Consistently negotiate A-Lines.

Apply manual and bunny-hop techniques to any descents

Ride all A-lines and descents smoothly and consistently, linking all sectors with flow in races.

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.

Negotiate step-ups on steep climbs with good surfaces.

Climb a series of very tight switchback bends.

Clean step-ups and change line on steep, loose, rocky and muddy surfaces.

Drive through switchback turns and transition climbs.

Clean any climb to carry pace during a race to maintain or gain placings.

Consistently transition every climb in race.

JUMPING & PUMPING

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

Pump a whole lap of a pump track.

Jump a table-top a bike length or longer, smoothly and quietly.

Pump multiple laps of a pump track.

Link pumping and jumping on a pump track.

Shape a jump.

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.

SKILL

RELEVANT EXPERIENCE