

ROAD CYCLING SKILL ACQUISITION

IDENTIFY

PLAN

EXECUTE

REVIEW

BIKE CONTROL

Ride one-handed, maintaining race position using the drops or tops of the bars.

Maintain race position whilst riding using only one leg and one hand.

Maintain race position whilst removing and replacing bottles from cages and items from jersey pockets.

Ride in a line and take a bottle from a helper from either side of the road.

Remove and replace arm-warmers in less than a minute.

Perform a clean front and rear wheel lift over a kerb.

Remove a vest in less than a minute.

Perform a bunny hop lifting both wheels off the ground.

Remove and replace a jacket in less than a minute.

Receive a bottle in a race feed-zone.

RIDING IN LINES

Consistently manage a gap to riders in front in training.

Ride in a team time trial format and in a chain-gang group of any size.

Utilise team time trial and rotating side by side riding in a race situation.

Sit-on in a group to conserve energy or rest.

Can understand and be part of an echelon and lead-out train with at least three team mates.

Can organise and deliver an echelon and a lead-out train.

CORNERING

Perform left and right turns using the drop bars.

Perform correct cornering posture and line choice to take the safest, quickest line.

Corner in a line of riders and hold a wheel at race pace.

Consistently maintain position in a line or bunch through corners.

Utilise corners in races to make up or gain time or positions.

DESCENDING

Descend on the drop bars in a relaxed, controlled and comfortable style.

Descend in a relaxed, controlled and comfortable style in a line of riders.

Descend in a relaxed, controlled and comfortable style from any position within the bunch.

Maintain or gain position at will when descending in bunch.

Shows consistent and competent performance on all descents regardless of group size or technical severity.

CLIMBING

Can perform tracking a line and throwing techniques when riding out of the saddle.

Understands when to ride out of the saddle in training and races.

Consistently change onto a harder gear to lift out of the saddle and into easier gear getting into the saddle.

Get out of saddle without the bike going backwards and maintain position using a controlled throwing technique.

Gain position at the front of a bunch by the bottom of a climb to create sliding room.

Paces the climb and attacks over the top in races.

GROUP RIDING

Ride side-by-side with a partner, maintaining contact for at least one minute.

Ride in four-a-breast formation in a bunch of at least 20 riders, making contact with the riders next to you.

Navigate through a bunch to any position in the group as requested or required.

Ride within the first ten places of a bunch within a race.

Ride in the front fifteen for at least three quarters of race.

ATTACKING

Accelerate in and out of saddle on drops and tops whilst holding a line.

Perform and follow attacks in races.

Perform and follow counter attacks in races.

Deliver an attack and counter attack during a race, demonstrating correct timing, road position and tactics.

Repeatedly execute attacks and counter attacks that result in a breakaway.

FINISHING

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

Sprint alongside other riders and accelerate off another wheel.

Commits to a solo breakaway for victory.

Can finish from the front of a bunch and from the wheels.

Read the race finish to set-up and execute a technically and tactically sound bunch sprint.

OBSERVATION

Look over both shoulders whilst in race position using either the drops or hoods of the bars.

Show good use of observation skills to outperform another rider in a Hide and Seek exercise as the lead rider.

Observe bunch movement to pick-up and follow wheels to move forward in a group.

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

Consistently Slide and Glide in races.

SKILL

RELEVANT EXPERIENCE