



BIKE CLUB

GROUP SKILLS CRITERIA

A skills assessment will happen at regular intervals, determined by the coaches and progress.

Moving from group 1 > 2 (Foundation > Development)

- Negotiate slalom.
- Ride in a straight line.
- Controlled stop on a line using both brakes.
- Shoulder check.
- High 5.
- 'Ready to Start' and successful delivery.
- Understand and carry out instructions.

Moving from group 2 > 3 (Development > Advanced)

- Selection of correct gear.
- Ability to hold a wheel.
- Ability to ride a corner (Enter wide > Apex/Pedal up > Exit wide).
- Ability to ride in Pairs/Group.
- Speed Test.
- Bottle Grab & Return.
- Understand and carry through instructions.



coaching@newportshropshirecc.org.uk

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