

# Wallace Warriors

## Coaching Levels



### Level 1

#### Newbies

	Skill	Description	Activities
1.1	Mounting	BC Coaching Handbook Level 1, page 33	As per the book, reinforced regularly
1.2	Dismounting	BC Coaching Handbook Level 1, page 34	As per the book, reinforced regularly
1.3	Pedalling	BC Coaching Handbook Level 1, page 35.	<ul style="list-style-type: none"> <li>• Paced</li> <li>• High/low cadence</li> <li>• More</li> </ul>
1.4	Basic balancing	Simple activities requiring basic balancing skills. Riders can ride slowly whilst maintaining a line. Riders can ride with one hand whilst maintaining a line.	<ul style="list-style-type: none"> <li>• Slow riding</li> <li>• Slalom</li> <li>• Limbo pole</li> <li>• Points of contact</li> <li>• more</li> </ul>
1.5	Basic coordination	Simple activities requiring basic coordination skills. Riders can take observations over both shoulders with minimal deviation of a line. Riders can ride in a small group involving simple tasks.	<ul style="list-style-type: none"> <li>• Observations</li> <li>• Bottle pick up</li> <li>• Coordinated movement with others (riding in a line, funnel)</li> <li>• more</li> </ul>
1.6	Basic braking	Basic braking skills in line and cornering on the flat. Riders can stop from various speeds on the flat and in corners whilst maintaining control. Riders can come to a controlled stop in an emergency.	<ul style="list-style-type: none"> <li>• Emergency</li> <li>• Straight line</li> <li>• Corner</li> </ul>

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### Level 2

#### Trainees

	Skill	Description	Activities
2.1	Gears	Basic use of the gears prior to and during riding. Riders can change gear whilst maintaining pedalling action and line.	<ul style="list-style-type: none"> <li>• Various activities on the oval, varying cadence with the gears.</li> </ul>
2.2	Basic cornering	Introduction to basic cornering principles. Riders can corner demonstrating braking, weight distribution and body position. Riders have a general understanding of lines (not necessarily advanced racing line).	<ul style="list-style-type: none"> <li>• Courses involving</li> <li>• Multi surfaces</li> <li>• Varying speed</li> <li>• Etc, etc</li> </ul>
2.3	Intermediate balancing	Activities that develop balancing skills. Riders can ride slowly and come to a momentary stop before continuing. Riders are comfortable riding one handed for a protracted time, and can ride with no hands momentarily. Riders can pedal standing up.	<ul style="list-style-type: none"> <li>• Stop box</li> <li>• Slow narrow course</li> <li>• Pairs touching shoulders</li> <li>• No feet</li> <li>• One foot</li> <li>• Etc, etc</li> </ul>
2.4	Intermediate coordination	Activities that develop coordination skills. Riders can ride confidently with others around them, move their body on the bike (L-R/F-B ) and pick up objects from various positions, riders can pass objects between hands and to each other.	<ul style="list-style-type: none"> <li>• Jail break</li> <li>• Picking up and handling objects</li> <li>• Etc, etc</li> </ul>
2.5	Advanced braking	Activities that will challenge the riders braking abilities. Riders can stop from moderate speed on varying surfaces. Riders can brake to a stop downhill and in corners.	<ul style="list-style-type: none"> <li>• Poor surface</li> <li>• Down hill</li> <li>• Corners</li> <li>• Etc,etc</li> </ul>

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### Level 3

#### Intermediate

	Skill	Description	Activities
3.1	Climbing	Activities that will develop the riders climbing skills. Riders use the correct body position and weight distribution to negotiate climbs. Riders use observations to choose an appropriate gear.	Climbing courses
3.2	Descending	Activities that will develop the riders descending skills. Riders use the correct braking technique, body position and weight distribution to negotiate descents.	Downhill courses
3.3	Group riding	Activities that develop a riders awareness when riding in groups. Riders can lead a group and follow. Riders use observations to maintain position in a group. Riders can pace consistently with another rider.	Activities on the Oval
3.4	Advanced balance	Activities that challenge the rider's ability to balance under various conditions. Riders can track stand in the flat for 5s. Riders can come to a stop and go on various surfaces (mud/grass/sand). Riders can negotiate obstacles (rocks/roots/holes).	<ul style="list-style-type: none"> <li>• Skills box</li> <li>• Track stands</li> <li>• Obstacle courses</li> <li>• Etc,etc</li> </ul>
3.5	Introduction to racing skills	Simple activities to introduce riders to race techniques. Riders can take part in a massed start. Riders demonstrate a basic understanding of efficient overtaking techniques.	<ul style="list-style-type: none"> <li>• Oval</li> <li>• Mass start</li> <li>• Simple course</li> <li>• Etc, etc</li> </ul>

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### Level 4

#### Advanced

	Skill	Description	Activities
4.1	Advanced group riding	Advanced activities to develop riders' abilities in groups. Riders use appropriate communications and can use judgement to maintain a steady pace. Riders can change position in a group safely.	Oval
4.2	Advanced race skills	Activities to develop and expose riders to race scenarios. Riders have basic understanding of tactics and preserving energy/efficiency. Riders can dismount and remount on the move. Riders can choose the fastest line for a variety of linked corners.	<ul style="list-style-type: none"> <li>• Oval</li> <li>• XC courses</li> <li>• CX Course</li> <li>• Etc,etc</li> </ul>
4.3	Balancing Ninja	Challenging balance activities. Riders can track stand on a variety of surfaces for 10s. Riders can ride confidently with no hands.	Track stand
4.4	Introduction to bike maintenance	Simple activities that help riders understand their bikes. Riders can perform basic maintenance tasks. Riders can replace their chain, check tyre pressure, and repair a puncture.	<ul style="list-style-type: none"> <li>• Bike overview</li> <li>• Puncture repair</li> <li>• Etc,etc</li> </ul>