

# MILE HIGH CYCLING MTB 101/201/301 SKILLS CLINIC

## Philosophy:

- We have approximately 40 dates scheduled for trail riding. This clinic is about learning the skills to make those trail rides safer and more fun while also setting each student up with lifelong biking abilities.
- The entire team starts the clinic together to reassess returning riders and start to build camaraderie. The head coach will designate coaches to instructing or non-instructing tasks as described below.

## Skills Instruction:

1. Name the skill
  2. Explain where, when, and why it's used (at a high level, don't overwhelm)
  3. Provide a static demonstration. One coach talks while another coach or PHS mentor demonstrates
  4. Provide a moving demonstration from multiple angles (riding toward/away/aside/etc)
  5. Prompt for questions
  6. Have students practice while coaches provide feedback/corrections in a compliment sandwich: what the student did good + one or two improvement ideas (don't overwhelm) + nice job for trying
  7. Prompt for remaining questions and offer progressions, if appropriate
- **Report to head coach for actioning on any concerns** about things like returning rider skills regression, novice riders needing 1:1 help, changing groups, etc.
  - **Coaches who aren't instructing should** mingle with the students, including **doing the skills demos with them** where coaches spread out evenly throughout the group (ie. 1 coach every 5 students in a 3:15 ratio of coaches/students), encourage students to talk with each other + coaches, and solicit feedback.
  - Where allowed and appropriate, drills can have **multiple lanes** for getting more students through quicker.

Games can run all-team or in sub-groups, like boys/girls, coaches/students, GMS/Mile High, etc.

Returning/advanced riders will eventually split from the newer riders so that group sizes become smaller and the newer riders continue working on basic skills while the returning/advanced riders feel challenged and learn some new skills or variants. **Any coach who is working with MTB 201 or MTB 301 groups should review the remaining MTB 101 skills** and continue weaving these in to ensure that riders still maintain these skills and haven't regressed. One of the most common two examples is students forgetting to keep fingers on the brakes or looking down instead of ahead.

See [milehighcycling.org/coaches/](http://milehighcycling.org/coaches/) for more info, including quick references, videos, and more fun games.

## INTRODUCTIONS

- STUDENTS
  - Name
  - Grade
  - Biking experience and any favorite trails
  - Goals for the season
- COACHES
  - Name
  - Biking experience and any favorite trails
  - Why decided to be a coach

## A-B-C-D-E BIKE CHECK

- [A] air
- [B] brakes
- [C] chain
- [D] derailleur
- [E] everything else
  - Tube, tire lever, air pump
  - Wheels/headset loose
  - Water/snacks
    - Bringing on ride
    - Drank/ate before ride
  - Mental and physical preparedness

## THE IMPORTANCE OF JERSEYS

- School spirit and pride (especially to the students who have never played another school sport)
- Safety - easier to spot on the trail (which also increase the importance of etiquette)
- Pockets in the back for carrying planned (extra water) or unplanned items (trash, damaged tube)
- Summary - each student should always wear their jersey to practice

SKILLS - ESSENTIALS

1. Heads up, eyes scan ahead
2. Fingers (1-2) always on brake, pull both levers evenly
3. Level pedals

GAME – NO SKID KID:GAME – LAST PLACE RACE:

Save “ratchet” as a surprise but highlight where returning riders do this as preview to next skill.

SKILLS – BODY POSITIONING

1. Neutral/Relaxed
2. Ready/Aggressive/Athletic
3. Side/side
4. Front/back
5. Ratcheting

GAME – “RATCHET” RACE:

Leverage new skills

SKILLS – CORNERING 101

1. Basic left/right, low and ready position
2. Looking into exit
3. Sub-game: yell # of fingers coach holding up at exit
4. Sub-game: coach yells left or right at last minute
4. Tighter turns (steer with handlebars/shoulders)

**MTB 101**

**MTB 201**

**MTB 301**

GAME – CIRCLE OF DEATH:

1. Two circles (inner – advanced, outer – new)
2. Leverage new balance/cornering skills
2. Preview track stand (let advanced riders demo)



SKILLS - SHIFTING:

Surge, soft pedal, shift  
Advanced riders quickly perform and graduate while new riders work on skill



TRAIL RIDE:

Flat/easy



GAME: CARDBOARD SLIDE



SKILLS – CLIMB/DESCENT:

1. Seated climb
2. Standing climb
3. Crouched climb
4. Climbing dismount
5. Climbing mount/restart
6. Descending dismount
7. Descending mount/restart



TRAIL RIDE:

with climbs/descents/bumps

Returning Riders



SKILLS – ADV CORNERING

1. Higher speed
2. Aggressive bike lean and body position
3. Slight foot drop



PUMP TRACK PLAY:

1. Bike/body separation
2. Advanced cornering



SKILLS ADDITION:  
(while at pump track)

1. Drop heel/hips braking
2. Twist hips cornering
3. Track stand to start

MTB 101

MTB 201

MTB 301

GAME: MUSICAL BIKES



SKILLS - ROLLERS:



GAME: ROCK DODGE (EASY)



SKILLS – STRAIGHT LINE RIDING:



END WITH FUN & GAMES:

Repeat ratchet race, circle of death, cardboard slide, etc.

Bike soccer

Limbo

None shall pass

B.I.K.E. – similar to horse, rider or coach suggests a skill and anyone who can't complete gets a letter, last one remaining without all 4 letters wins.



SKILLS – ROLL DOWN:



GAME: ROCK DODGE (HARDER)



SKILLS – STRAIGHT LINE RIDING:

Two lanes, super tight



END WITH FUN & GAMES:

(join MTB 101)

- OR -

Continued pump track

- OR -

Jump off drop features

SKILLS – STRAIGHT LINE RIDING:

MTB 201 + elbow bumping