

RIDE LIKE A PRO TRAINING SESSIONS

Lesson 1 – Chapters 4/5/6

- Downed Bike
- Three Riding Techniques
 - Friction Zone
 - Braking
 - Head and Eyes
 - Exercises:
 - 2X4 for assistance with finding proper friction zone
 - Starting on a hill - Starting from a stop

Lesson 2 – Chapter 7

- Cone Weave (12' apart)

Lesson 3 – Chapter 8

- Circles (24' circle)

Lesson 4 – Chapter 9

- Barrel Race
- Straight Cone Weave and circle

<u>ITEMS NEEDED</u>
1. Tennis Balls and/or Cones
2. Tape Measure
3. Heater Hose
4. Duck Tape

Lesson 5 – Chapter 11

- Off-set Cone Weave

Lesson 6 – Chapter 12

- U-Turns
 - Moving and From a stop

Lesson 7 – Chapter 13

- Intersection Course (Iron Cross)

Lesson 8 – Chapter 14

- Figure eight Course
- Snowman course

Lesson 9 – Chapter 15/16/17/18

- Counter-steer (30' cones at 15 MPH or above)
- Braking
- Brake and Escape
- Braking in a Curve

Lesson 10 – Chapter 20

- Quick Lane Change
- Counter-steer (Speed)