

TPE BASIC BIKE SKILL EXPECTATIONS

Athletes have until Tuesday, November 27th to master the skills on this sheet. Athletes that have not mastered these skills by this time will not come to bike practice until these skills have been mastered. We will run a skills assessment on Tuesday the 27th to confirm athletes have mastered assigned skills – we strongly encourage athletes to work on any challenging skills at home to ensure they can pass the assessment.

All skills should be performed w/ hands in the drops unless otherwise specified.

SINGLE RIDER SKILLS

- Get in and out of shoes on bike in a 50y stretch
- Figure 8's in parking space
- One handed slalom ride (with each hand)
- One handed u-turn at moderate speed
- Ride 80+ yards (straight) with no hands
- Water bottle pick up while riding
- Slow sprint drill
- Look over shoulder and hold the line (with both hands and one hand)
- Take a drink and hold the line
- Catch and throw a ball while riding (each hand)
- Heel grab drill
- Emergency stops (rolling 18-20 mph, 8 feet to stop, no skid)

MULTI-RIDER SKILLS

- Partner handlebar hold
- Partner high 5's HOLDING THE LINE
- Partner elbow lean
- Partner u-turn at moderate speed
- Group shoulder-to-shoulder start and ride
- High 5 rotation drill
- Tunnel rotation drill