

North West Cycle Coaching

2016 SUMMER COACHING SESSIONS

Assessment Criteria for Groups

Every 6 weeks during the coaching sessions your child will be assessed on a number of criteria to determine which group they will be in for the following set of sessions. These scores plus a time-trial time will be combined to decide which group your child will be in.

As we would like each child to complete a full set of coaching sessions with each group, movement between groups will not be allowed except in exceptional circumstances.

If your child joins the sessions between two assessment weeks a judgement will be made as to which group they will join. However, entry to the advanced group will be by assessment only.

Assessment Area	Score	Notes
Setting Off	0	Wobbly setting off and looking down
	1	Pedals in correct position
	2	Struggled getting feet onto pedals
	3	Still wobbly but generally looking up
	4	Smooth straight line—looked to check pedal
	5	Smooth straight line—head up, no looking down
Stopping	0	Stopping with feet
	1	Missing the end, stopping abruptly causing rear wheel to rise
	2	Stopping but skidding
	3	Stopping but hanging foot
	4	Stopped, foot removed from pedal before completely stopped
	5	Stopped smoothly, foot only removed from pedal when completely stopped
Straight Line	0	Very wobbly, no ability to ride in a straight line
	1	Ride between cones 1m wide
	2	Ride between cones 80cm wide
	3	Ride between cones 60cm wide
	4	Ride between cones 40cm wide
	5	Ride between cones 20cm wide

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Assessment Area	Score	Notes
One Handed	0	Can't ride one handed
	1	Can briefly ride one handed with either hand
	2	Can high five with both hands
	3	Can ride for one handed for a prolonged period of time with both hands
	4	Can take a bottle whilst moving with either hand
	5	Can take an item whilst moving and place it in pocket with either hand
Paired Riding	0	Cannot ride with another rider
	1	Can ride in a pair whilst looking at another rider
	2	Can ride next to another rider in a straight line looking forwards
	3	Can ride very close to another rider (riding down a funnel)
	4	Can ride alongside another rider and touch elbows
	5	Can ride alongside another rider with a hand on their shoulder
Cornering	0	Cannot ride around a hairpin
	1	Can ride around a hairpin (no specific technique)
	2	Can ride around a hairpin with their inside foot up
	3	Uses a racing line to ride around a hairpin (outside-apex-outside)
	4	Combines techniques 2 and 3—not smooth
	5	Combines techniques 2 and 3—completes corner smoothly
Gear Change	0	Unable to change gears
	1	Can change gears
	2	Knows how to change up/down gears (on instruction)
	3	Can change gear at selected points
	4	Can choose the correct gear for a given situation
	5	Can change gear smoothly—moving between chainrings and sprockets