

# 2023 Inspire Juniors Rec MTB Curriculum Outline



## The 5 Respects:

- Respect yourself
- Respect your teammates
- Respect your coach
- Respect your environment (trail etiquette!)
- Respect your equipment

## CURRICULUM OVERVIEW:

Week	Skills	Key Concepts
1	Introduction & Attack Position	<ul style="list-style-type: none"> <li>• <a href="#">Pre-ride check</a></li> <li>• Why Attack Position? Lower center of gravity, stable</li> <li>• Butt off seat – stand slightly up, knees bent</li> <li>• Level Pedals</li> <li>• Heavy feet, light hands</li> <li>• Bend at hips</li> <li>• Bend elbows, chest low</li> <li>• Bike body separation</li> <li>• Arms and legs as shock absorbers</li> </ul>
2	Braking	<ul style="list-style-type: none"> <li>• Back brake vs Front Brake – Practice both at low speeds to start. Default is always use both brakes evenly!</li> <li>• It's important to use the front brake –provides 70% of the stopping power</li> <li>• 1 or 2 fingers “raptor claws” on the brakes</li> <li>• Driving the heels forward in attack position on hard stops</li> <li>• Braking before the corner, not in the corner</li> </ul>
3	Shifting	<ul style="list-style-type: none"> <li>• Basics of front/back shifting. Which way is easier vs harder (front vs back)?</li> <li>• Leg speed vs crushing a big gear</li> <li>• Starting in a gear too hard vs too easy</li> </ul>

		<ul style="list-style-type: none"> <li>Looking ahead and knowing when to shift. Flat into an uphill to practice.</li> <li>Cross chaining – If you have gears front and back, you don't want to be in the easiest gear on one and the hardest on the other.</li> <li>When you are right behind someone, be in a little easier of a gear.</li> </ul>
4	Attack, Brake, Shift	<ul style="list-style-type: none"> <li>Put everything together from weeks 1 – 3.</li> </ul>
5	Turning	<p><b>Slow:</b></p> <ul style="list-style-type: none"> <li>Body position and balance are critical!</li> <li>Ride slow and balance on the center of your bike</li> <li>Separate YOU and BIKE – function together, but can move separately.</li> <li>Turn the handlebars, do not lean very much.</li> <li>Turn your head to look where you want to GO, NOT what you want to miss!</li> <li>Ratcheting – useful in “rock gardens,” roots, and step up/downs.</li> </ul> <p><b>Fast:</b></p> <ul style="list-style-type: none"> <li>Separation of body and bike, on and off the saddle. Lean the bike not the body.</li> <li>Attack position – even when seated it is a good default.</li> <li>Feet level vs inside foot up – try both, one is not always the fastest.</li> <li>Turn your head / hips to look where you want to go. Imagine a flashlight at your belly button and shine the flashlight where you want to go.</li> <li>Braking before the turn, minimize braking in the turn.</li> <li>Weighting the inside hand and outside foot.</li> </ul>
6	Now and Next	<ul style="list-style-type: none"> <li>Level chin</li> <li>Eyes should be changing back and forth between NOW (3-6 feet in front of you) and NEXT (20-30 feet in front of you)</li> </ul>
7	Stomps, Lifts, Hops (advanced)	<ul style="list-style-type: none"> <li><a href="#">Video intro</a> to the stomp</li> <li><a href="#">Summary video</a> of wheel lift options</li> </ul>
8	Turn Management	<ul style="list-style-type: none"> <li>Flat Turns <a href="#">video</a></li> <li>Banked Turns <a href="#">video</a></li> </ul>
9	Open Skills Ride	