



Skills Coach Pre Course Worksheet

Skill Development and Analysis

1). Name three important strategies for facilitating skills development with riders of any standard.

1.
2.
3.

The Skills Analysis Process

2). Name the six steps in teaching the ideal proficiency of a skill.

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2.
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3.
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4.
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5.
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6.
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3). In the following table, identify ideal proficiency of the skill named and possible rider deficiencies.

	Skill:	Riding around a right angle corner
	Ideal proficiency	Possible deficiencies in rider's proficiency
Body position	• • • •	• • • •
Pedaling	• •	• •
Gearing	• •	• •
Braking	• •	• •
Line of travel	• •	• •



Skills Coach Pre Course Worksheet

4). Name three factors that impact on how well individuals might improve their skills:

1.
2.
3.

5). What are some key points to remember when using demonstrations in the delivery of skills training?

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6). What are the key points to remember in delivering feedback to participants in skills sessions?

1.
2.
3.

Planning

7). Why is planning important?

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6.

8). What are the 5 steps in the cyclical process for planning sessions and programs?

1.
2.
3.
4.
5.



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9). What do the letters in the SMARTER goal setting acronym stand for?

- S
- M
- A
- R
- T
- E
- R

10). What is the difference between “process” and “outcome” goals?

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11). What is a traditional session format?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

12). What is a game sense session format?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

13). What are the two options for progressing activities across a number of sessions?

- 1.
- 2.

14). Name three ways to review or evaluate a session

- 1.
- 2.
- 3.



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Group Management and On-Road Safety

Group Management

15). What are the key elements in effective group management?

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16). Name three ways of engaging participants

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17). Why are routines important to group management? To deal with:

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18). How can an instructor manage the group up to make access fair for all participants?

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19). Name three ways in which participants can be encouraged to self-manage.

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20). Name three methods for managing group behaviour

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Skills Coach Pre Course Worksheet

Off Road Safety

21). What is the minimum recommended age for riders to ride in a group off road?

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22). What are some of the key requirements for safe cycling in an off road environment?

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23). Where should coaches position themselves in a group of riders?

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