



RIDER PERFORMANCE PROFILE

NAME:

DISCIPLINE:

PRINCIPLE EVENT:

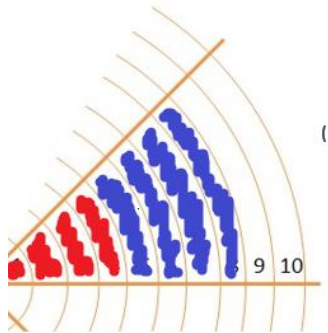
COACH:

DATE:

CYCLING IRELAND – RIDER PERFORMANCE PROFILE

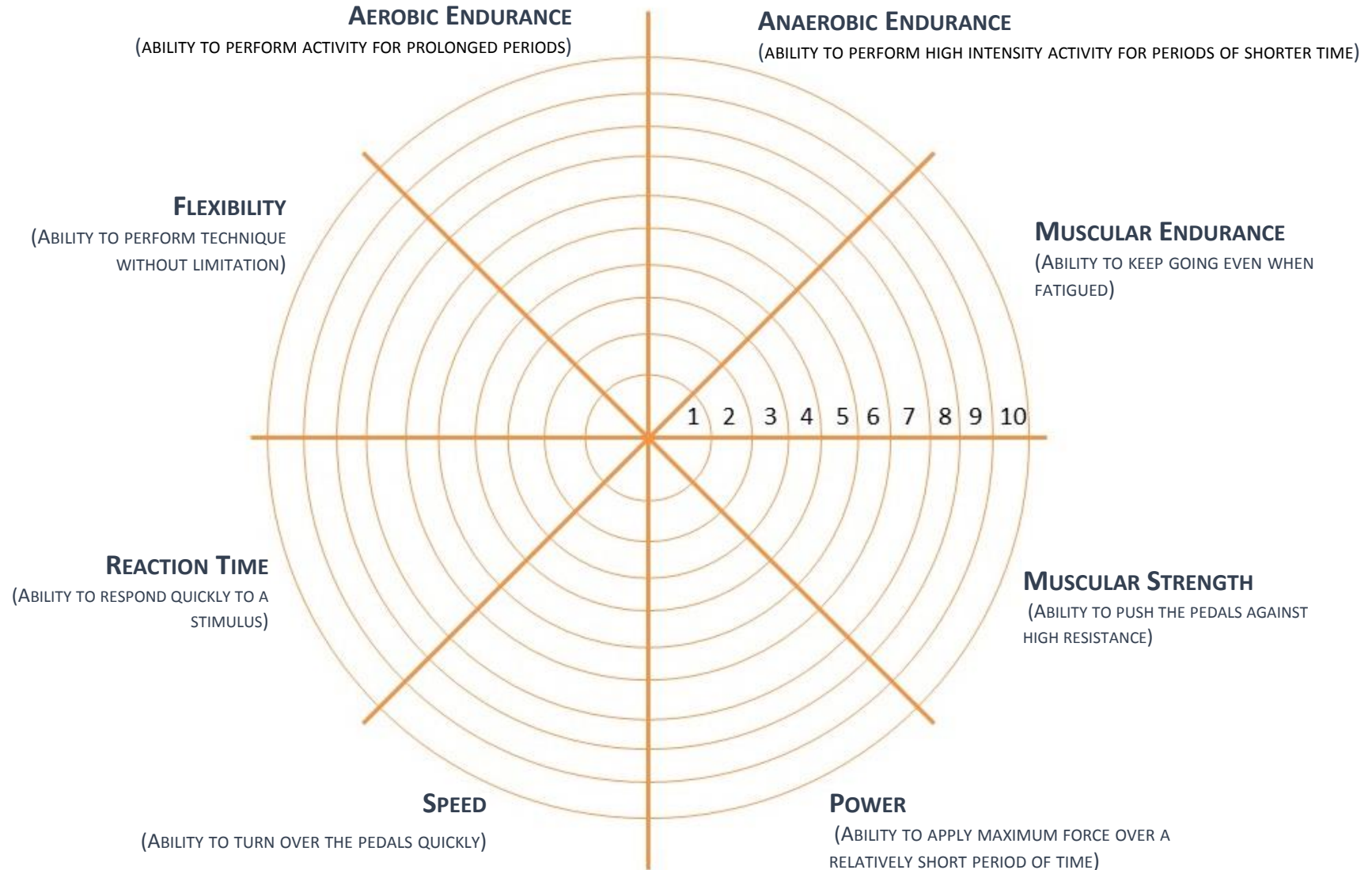
RIDER: Colour in the profile based on your current level of performance for each component.

Once you have completed the profile based on your current level of performance, colour in the profile, using a different colour, based on what you think is the desired level of performance based on your cycling discipline and the specific requirements and demands of that discipline.



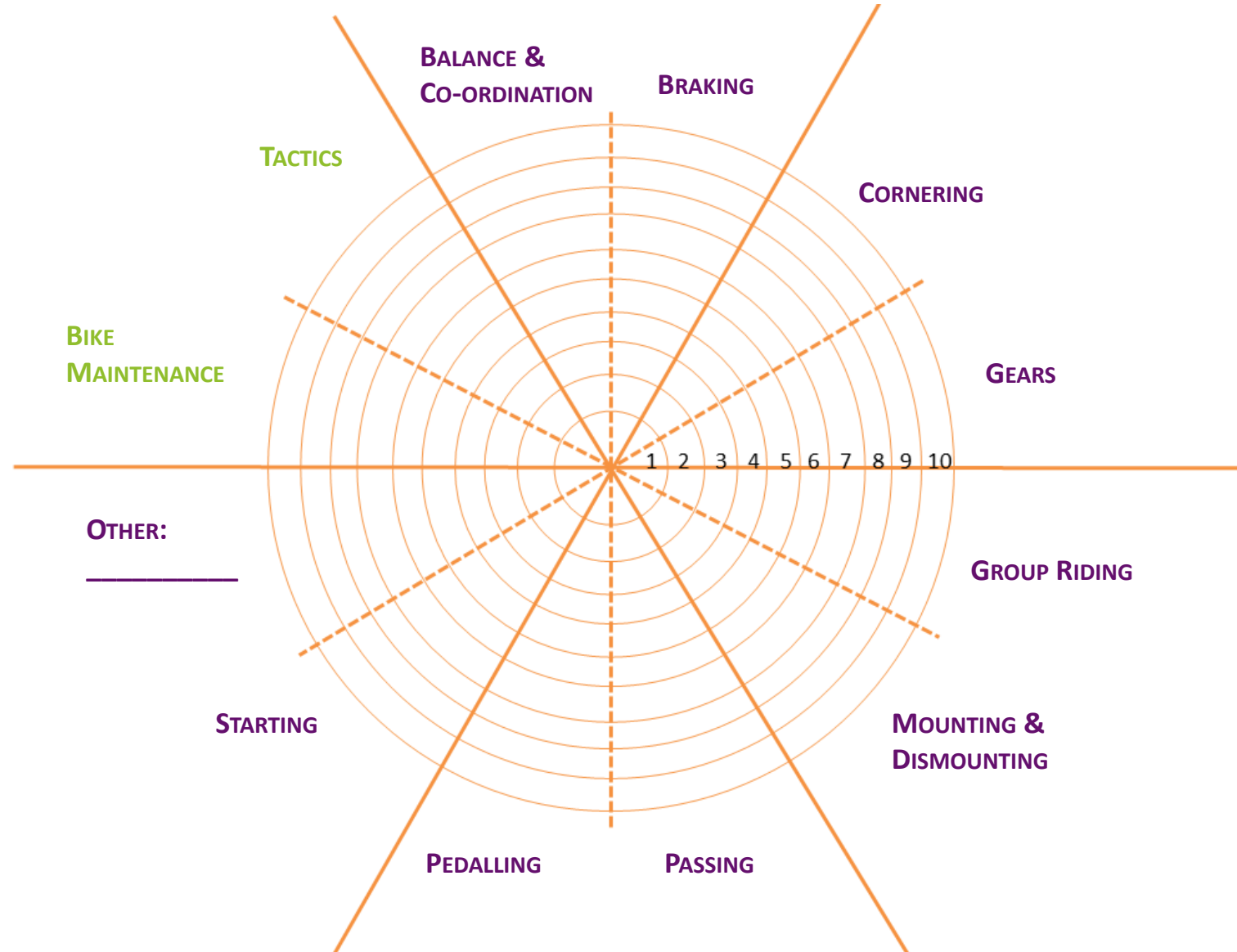
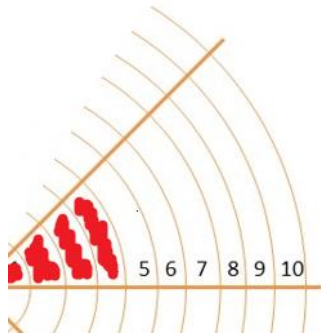
CURRENT LEVEL

DESIRED LEVEL



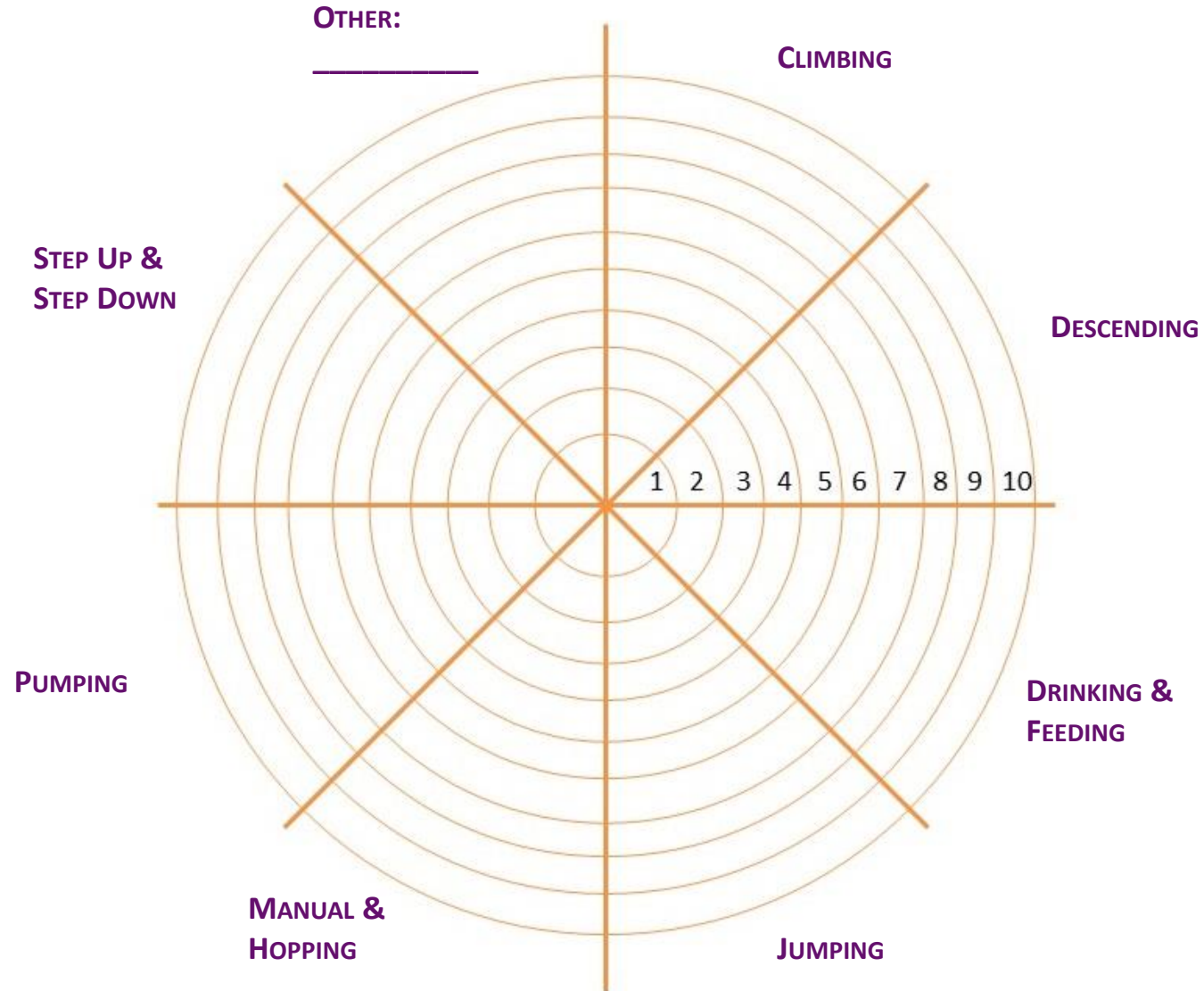
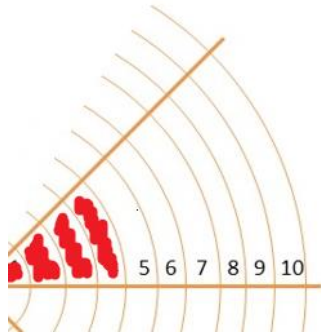
CYCLING IRELAND – RIDER PERFORMANCE PROFILE (COMMON SKILLS)

RIDER: Colour in the profile based on your current level of performance for each attribute, assuming 10 for this skillset is the desired level.



CYCLING IRELAND – RIDER PERFORMANCE PROFILE (SPECIFIC SKILLS)

RIDER: Colour in the profile based on your current level of performance for each attribute, assuming 10 for this skillset is the desired level.



CYCLING IRELAND – TECHNICAL & TACTICAL PERFORMANCE PROFILE (BMX)



Rate each skill from 0 to 10 based on your current level of performance for each individual skill, assuming 10 for this skill is the desired level i.e. Multiple Rollers

Balance & Co-Ordination	Hand Position	*****
	Riding One Handed	*****
	Riding the Plank	*****
	Slow Riding	*****
	Single Rollers	*****
	Track Stand	*****
	Body Position	*****
	Multiple Rollers	*****
	Attack Position	*****
	Cone of Movement/Weight Shift
Observational Skills	*****	

Braking	The Basics of Braking (Technique)
	Controlling your Speed	*****
	Emergency Stop	*****
	Different Surface Conditions	*****

Group Riding	The Basics of Group Riding
	Riding behind another Rider	*****
	Riding beside another Rider	*****
	Riding with other Riders	*****
	Contact with other Riders	*****

Cornering	The Basics of Cornering (Technique)
	Flat Corners	*****
	Braking in Corners	*****
	Berms	*****
	Group Cornering	*****
	Leaning	*****
	Line Choice	*****
	Off Camber Corners	*****
	Out of a Corner	*****
	Slide Out	*****
Switchbacks	*****	

Jumping	The Basics of Jumping (Technique)
	Advanced Jumping	*****

Manual and Hopping	Bunny Hop	*****
	Front Wheel Lift	*****
	Rear Wheel Lift	*****
	Jet Hop	*****
	Manual	*****
Power Assisted Front Wheel Lift	*****	

Mounting and Dismounting	Dismounting	*****
	Mounting	*****
	Clipping In	*****
	Clipping Out	*****

Passing	The Basics of Passing	*****
	Swoop Pass	*****

Pedalling	The Basics of Pedalling (Technique)
	Straight Line Riding	*****
	In the Saddle	*****
	Out of the Saddle	*****
	Cadence	*****
	Pedalling Around the Track	*****
	Seated Acceleration	*****
	Sprinting	*****
Standing Acceleration	*****	

Pumping	The Basics of Pumping (Technique)
	Advanced Pumping	*****
	Pump Corners	*****
	Pump Jet Hop	*****
	Pump Manual	*****

Starting	Balanced Start	*****
	Standing Start	*****
	Start Gate	*****

Step Up & Step Down	Step Down	*****
	Step Up	*****

Bike Maintenance



- Basic M Check
- Basic Bike Set Up
- Helmet Check
- Bike Cleaning & Lubrication
- Brake Check
- Chain Break
- Chain Check
- Repairing an Inner Tube
- Replacing and Inner Tube
- Bike Set Up

Tactics



- First Straight
- Passing
- Preventing Passing
- Riding with other Riders
- The Starting Gate
- When to Pass

CYCLING IRELAND – TECHNICAL & TACTICAL PERFORMANCE PROFILE (MTB)

Rate each skill from 0 to 10 based on your current level of performance for each individual skill, assuming 10 for this skill is the desired level i.e. Off Camber Corners | | 10 |

Balance and Co-Ordination	Riding one handed
	Riding the Plank
	Slow Riding
	Attack Position
	Hand Position
	Single Bump
	Body Position
	Track Stand
	Cone of Movement/Weight Shift
	Loading and Unloading

Braking	The Basics of Braking (Technique)
	Controlling your Speed
	Emergency Stop
	Different Surface Conditions

Climbing	The Basics of Climbing (Technique)
	In the Saddle
	Out of the Saddle
	Steep Climb

Gears	The Basics of Gears
	Selecting Gears

Jumping	The Basics of Jumping (Technique)
	Advanced Jumping

Cornering	The Basics of Cornering (Technique)
	Flat Corners
	Braking in Corners
	Berms
	Group Cornering
	Leaning
	Line Choice
	Off Camber Corners
	Out of a Corner
	Switchbacks
	Wet off Camber Corners
	Corner on Rock Slabs

Drinking and Feeding	Feeding on the move
	Taking a drink
	Taking a Bottle from Feedzone
	Taking food from Feedzone

Descending	The Basics of Descending (Technique)
	Cornering on a Descent
	Steep Descent

Manual and Hopping	Front Wheel Lift
	Rear Wheel Lift
	Bunny Hop
	Manual
	Power Assisted Front Wheel Lift

Passing	The Basics of Passing
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Group Riding	The Basics of Group Riding
	Riding behind another Rider
	Riding beside another Rider
	Riding with other Riders
	Singling Out
	Contact with other Riders
	Following the Wheel
	Group Communication

Mounting and Dismounting	Dismounting
	Mounting
	Clipping In
	Clipping Out
	Running Re-Mount
	Running with the Bike

Starting	Balanced Start
	Standing Start
	Cross Country Start
	Downhill Start
	Starting in a Bunch

Step Up and Step Down	Drop Off
	Power Assisted Drop Off
	Step Down
	Step Over
	Step Up

Pedalling	The Basics of Pedalling (Technique)
	Straight Line Riding
	In the Saddle
	Out of the Saddle
	Cadence
	Off Camber
	Pacing
	Pedalling Around the Trail
	Seated Acceleration
	Sprinting
	Standing Acceleration

Pumping	The Basics of Pumping (Technique)
	Advanced Pumping
	Pump Corners
	Pump Jet Hop
	Pump Manual

Bike Maintenance Tactics

- | | |
|--|---|
| <input type="checkbox"/> Basic M Check | <input type="checkbox"/> Bunch Starts |
| <input type="checkbox"/> Basic Bike Set Up | <input type="checkbox"/> Passing |
| <input type="checkbox"/> Helmet Check | <input type="checkbox"/> Preventing Passing |
| <input type="checkbox"/> Bike Cleaning & Lubrication | <input type="checkbox"/> Riding with other Riders |
| <input type="checkbox"/> Brake Check | <input type="checkbox"/> The Starting Gate |
| <input type="checkbox"/> Chain Break | <input type="checkbox"/> When to Pass |
| <input type="checkbox"/> Chain Check | |
| <input type="checkbox"/> Repairing an Inner Tube | |
| <input type="checkbox"/> Replacing and Inner Tube | |
| <input type="checkbox"/> Bike Set Up | |

CYCLING IRELAND – TECHNICAL & TACTICAL PERFORMANCE PROFILE (RTT)



Rate each skill from 0 to 10 based on your current level of performance for each individual skill, assuming 10 for this skill is the desired level i.e. Climbing In the Saddle | |

Balance and Co-Ordination	Riding one handed
	Riding the Plank
	Slow Riding
	Hand Position
	Track Stand
	Adopting an Aerodynamic Position
	Body Position
	Observational Skills
	Riding Rollers
Tri Bars	

Braking	The Basics of Braking (Technique)
	Controlling your Speed
	Emergency Stop
	Different Surface Conditions

Climbing	The Basics of Climbing (Technique)
	In the Saddle
	Out of the Saddle
	Steep Climb

Descending	The Basics of Descending (Technique)
	Cornering on a Descent
	Steep Descent

Cornering	The Basics of Cornering (Technique)
	Flat Corners
	Braking in Corners
	Group Cornering
	Leaning
	Line Choice
	Out of a Corner
	Switchbacks

Drinking and Feeding	Taking a drink
	Feeding on the bike
	Taking a Bottle from Feedzone
	Taking Food from Feedzone

Gears	The Basics of Gears
	Selecting Gears

Hopping	Front Wheel Lift
	Rear Wheel Lift
	Bunny Hop

Group Riding	The Basics of Group Riding
	Riding behind another Rider
	Riding beside another Rider
	Riding with other Riders
	Singling Out
	Echelon Riding
	Following the Wheel
	Group Communication
	Positioning
	Through and Off

Pedalling	The Basics of Pedalling (Technique)
	Straight Line Riding
	In the Saddle
	Out of the Saddle
	Cadence
	Pacing
	Seated Acceleration
	Sprinting
	Standing Acceleration

Mounting and Dismounting	Dismounting
	Mounting
	Clipping In
	Clipping Out

Starting	Standing Start
	Starting from the Kerb
	Hand Held Start
	Starting in a Bunch

Bike Maintenance	Tactics
<input type="checkbox"/> Basic M Check	<input type="checkbox"/> Attacking
<input type="checkbox"/> Basic Bike Set Up	<input type="checkbox"/> Blocking
<input type="checkbox"/> Helmet Check	<input type="checkbox"/> Brake Away
<input type="checkbox"/> Bike Cleaning & Lubrication	<input type="checkbox"/> Bunch Sprint
<input type="checkbox"/> Brake Check	<input type="checkbox"/> Chasing
<input type="checkbox"/> Chain Break	<input type="checkbox"/> Hilly Time Trial
<input type="checkbox"/> Chain Check	<input type="checkbox"/> Leading Out
<input type="checkbox"/> Repairing an Inner Tube	<input type="checkbox"/> Riding with other Riders
<input type="checkbox"/> Replacing and Inner Tube	<input type="checkbox"/> Sprint Finish
<input type="checkbox"/> Bike Set Up	<input type="checkbox"/> Stage Racing
	<input type="checkbox"/> Team Time Trial
	<input type="checkbox"/> The Starting Gate

CYCLING IRELAND – TECHNICAL & TACTICAL PERFORMANCE PROFILE (TRACK)



Rate each skill from 0 to 10 based on your current level of performance for each individual skill, assuming 10 for this skill is the desired level i.e. Dropping on to a Wheel | |

Balance and Co-Ordination	Riding one handed
	Riding the Plank
	Slow Riding
	Body Position
	Hand Position
	Track Stand
	Observational Skills
	Madison Hand Grip
	Riding Rollers

Braking	The Basics of Braking (Technique)
	Controlling your Speed
	Slowing Down
	Using a Fixed Wheel

Cornering	The Basics of Cornering (Technique)
	Flat Corners
	Braking in Corners
	Group Cornering
	Leaning
	Line Choice
	Out of a Corner

Gears	The Basics of Gears
	Selecting Gears

Group Riding	The Basics of Group Riding
	Riding behind another Rider
	Riding beside another Rider
	Riding with other Riders
	Changing
	Coach Communication
	Contact with other Rides
	Dropping on to a wheel
	Following the Wheel
	Group Communication
	Madison Changes
	Positioning
Through and Off	

Hopping	Front Wheel Lift
	Rear Wheel Lift
	Bunny Hop

Starting	Standing Start
	Hand Held Start
	Pushed Start
	Starting in a Bunch

Mounting and Dismounting	Dismounting
	Mounting
	Clipping In
	Clipping Out
	Controlled Stop on the perimeter fence
	Controlled Stop on the inner rail
	Controlled Stop unaided
	Controlled Stop with the aid of a helper
	Moving off from the inner rail
	Moving off from the perimeter fence
	Moving off unaided
Moving off with the aid of a helper	

Pedalling	The Basics of Pedalling (Technique)
	Straight Line Riding
	Cadence
	In the Saddle
	Out of the Saddle
	Controlling Speed
	Flying 200m Time Trial
	Pacing
	Seated Acceleration
	Seated Deceleration
	Sprinting
	Standing Acceleration

Passing	Passing
	Swoop Pass

Bike Maintenance Tactics

<input type="checkbox"/> Basic M Check	<input type="checkbox"/> Attacking
<input type="checkbox"/> Basic Bike Set Up	<input type="checkbox"/> Blocking
<input type="checkbox"/> Helmet Check	<input type="checkbox"/> Brake Away
<input type="checkbox"/> Bike Cleaning & Lubrication	<input type="checkbox"/> Bunch Sprint
<input type="checkbox"/> Brake Check	<input type="checkbox"/> Chasing
<input type="checkbox"/> Chain Break	<input type="checkbox"/> Devil
<input type="checkbox"/> Chain Check	<input type="checkbox"/> Distance Races
<input type="checkbox"/> Chain Tension	<input type="checkbox"/> Individual Pursuit
<input type="checkbox"/> Repairing an Inner Tube	<input type="checkbox"/> Keirin
<input type="checkbox"/> Replacing and Inner Tube	<input type="checkbox"/> Leading Out
<input type="checkbox"/> Bike Set Up	<input type="checkbox"/> Madison
	<input type="checkbox"/> Points Race
	<input type="checkbox"/> Riding with other Riders
	<input type="checkbox"/> Sprint
	<input type="checkbox"/> Sprint Finish
	<input type="checkbox"/> Team Pursuit
	<input type="checkbox"/> The Starting Gate
	<input type="checkbox"/> Time Trial

CYCLING IRELAND – RIDER PERFORMANCE PROFILE



Notes

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Notes