

Motorcycle Sport – Junior Coaching Program

Coaches Lesson Plan

For: Moto Trials

Introduction

The Junior Coaching Program (JCP) lesson plan is an aid for coaches in the delivery of the JCP modules. The lesson plan is aimed to assist the coach in teaching junior riders basic riding skills and techniques for the safety of all riders.

There are 12 coaching modules as part of the JCP. Each JCP module is covered in this lesson plan. It is strongly recommended that the coaching modules are conducted in the order as set out in this lesson plan.

The coach

To conduct the JCP the instructor must:

- Have a Club Coach (previously Level 0) Motorcycle Sport accreditation or higher (i.e. Level 1 or 2)
- Be a coach in the process of accumulating the required 30 hours to obtain their Level 1 Coaching accreditation after attending a Level 1 motorcycle coaching course. Running the JCP will contribute to the required 30 hours.
- Be able to demonstrate the skills throughout this lesson plan or have a coaching aid to perform the demonstrations on their behalf during their coaching.

It is recommended that a parent or legal guardian is present throughout the coaching so that they become more informed on the various riding and safety principles.

Rider Ability

This lesson needs to be tailored to the ability level of the rider/s in the coaching session.

There is no set time limit for a rider to complete the JCP; however it must take a minimum of 5 hours. A rider can do the JCP over a number of days or weeks and can have any number of coaches; however the coach that takes a rider through a module must sign-off on that module.

Assessment Kick Start – Getting Started in Motorcycle Sport booklet

The new Kick Start booklet contains a record log (assessment 1: coaching and riding test – page 23) which lists the coaching modules that need to be undertaken.

Once a rider has completed a module, the coach signs the respective row. This confirms that the rider has undertaken the coaching module and is competent for their age.

Junior Coaching Program – Coaching Lesson Plan

The time shown for each coaching module is the recommended minimum.

1. Basic Rules and Personal Safety Equipment

15 min

Club Riding Rules:

Explain to the rider the rules that are specific to the club they have joined and their importance. Examples include:

- Where permitted to ride
- Where riding is not permitted (eg Pits, Car park etc)
- Signs to be obeyed

General Rules:

Below are riding practices that the coach should inform the rider whilst in the coaching session.

- Basic signals (i.e. hand and arms)
- The importance of obeying directions and instruction of the coach
- Keep riding speeds down – i.e to ensure safety and to assist learning
- Entry and exit points of the course or section
- When restarting always check behind and either side for other motorcycles
- Riders should only enter a section when instructed to do so by an official/observer

Personal Safety Equipment:

It is important that the rider is made aware of the safety equipment required and the correct use of it. Explain the importance of the following:

- Warm up and warm down techniques
- Helmet must be worn at all times whilst on bike and be of Australian or recognized FIM Standard
- Helmet is correct fitting – i.e. snug against cheeks & a gap of 2 fingers horizontally between strap & chin
- Always wear pants and riding top that are made of a durable material. Long or short sleeved tops are permitted.
- Gloves may be worn but are not compulsory
- Must wear boots made of a durable material that protect the ankles and calf

2. Scrutineering and Maintenance of Motorcycle

20min

Ensure that the rider is aware that their bike needs to comply with the General Competition Rules contained in the Manual of Motorcycle Sport in order for it to pass scrutineering. Where possible, explain why these requirements are in place.

Scrutineering Considerations:

- | | | |
|------------------------------|--------------------------|----------------------|
| ▪ Throttle return | ▪ Spokes not loose | ▪ Head stem bearings |
| ▪ Kill switch is operational | ▪ Wheel bearings | ▪ Swing arm bearings |
| ▪ Brakes operational | ▪ Helmet (as per GCRs) | ▪ Footpeg spring |
| ▪ Motorcycle noise | ▪ Safety riding gear | ▪ Brake pedal return |
| ▪ | ▪ Handlebar ends plugged | ▪ Lever Ball Ends |

Maintenance Consideration:

Provide the rider with general bike maintenance tips such as:

- | | | |
|--------------------------|---------------------------------|----------------------------------|
| ▪ Air Filter | ▪ Control Cable Lubing | ▪ Brake wear |
| ▪ Gear Oil (clutch drag) | ▪ Chain tension | ▪ Associated Scrutineering items |
| ▪ Tyre pressure | ▪ General nut and bolt tensions | ▪ Lever clamp tightness |

3. Pick-up Motorcycle

10min

Demonstrate to the rider the correct way to pick-up a motorcycle and then have the rider demonstrate that they can:

- Place their bike on the ground gently
- Pick the bike up from the laid down position
- Have the riders try this on level ground and on sloping ground (from both the uphill and downhill side of the bike)

4. Motorcycle Controls and Start/Stop Motorcycle

10min

This module is designed to teach the rider the functions and location of all bike controls and ensure they can start and stop the bike safely and competently. The coach should instruct and supervise the rider to be able to adjust their own controls to a position that suits them.

Motorcycle Controls (where applicable):

- | | | |
|---------------|-----------------|-------------------|
| ▪ Kill switch | ▪ Brakes | ▪ Clutch |
| ▪ Throttle | ▪ Gears | ▪ Foot pegs |
| ▪ Kick stand | ▪ On/off switch | ▪ Suspension |
| ▪ Fuel tap | ▪ Choke | ▪ Lever positions |

Start and Stop Engine:

Demonstrate how to start and stop a motorcycle safely. Before starting the motorcycle have the riders perform:

- Applying the front brake when instructed
- Applying the rear brake when instructed
- Releasing the clutch and applying the throttle in sequence

The rider should be able to perform the following to a competent level:

- Start the engine on command
- Stop the engine on command
- Start and stop in combination – i.e. pull clutch, start bike, engaged clutch, place in gear, feel clutch friction, take bike out of gear and turn off bike.
- Without the engine running, have the rider walk the bike and apply the front brake (beside or straddling).

5. Riding Position and Weight Distribution

25min

Instruct why the rider needs to apply the correct body position and weight distribution whilst riding in a straight line, turning corners; ascending or descending on slopes; and on rough ground or over small obstacles; demonstrate, actively and statically, the correct weight distribution and body position for each of these. Have the rider perform the following body positions on a static motorcycle.

Standing

- Standing on the foot pegs
- Explain boot placement on foot pegs – relative to weight distribution, gear shift and rear brake
- Bend the knees slightly to absorb bumps
- Eyes always looking ahead, not down at the front wheel – chin up
- Two fingers over each lever (where appropriate)
- Explain that the standing position a rider chooses is based on terrain conditions

6. Starts and Riding Slowly in a Straight Line

40min

This module teaches the rider good throttle and clutch technique for controlled take off (without stalling) and the ability to ride slowly in a straight line. Being able to start smoothly and ride slowly develops the riders balance and fine tunes their use of all motorcycle controls.

Starts (slowly and controlled):

The aim here is to teach the rider to be able move the motorcycle short distances from a stationary position.

- Have the rider move the bike in first gears 1-2 metres in a slow and controlled manner and then have them stop using the clutch, front and rear brakes, use left foot for balance, repeat several times.

Slow Riding:

- After a controlled start have the rider move at walking pace in a straight line and stop every 5-10 metres while keeping the feet on the foot pegs. The rider needs to use the front and rear brakes, clutch and throttle to maintain control throughout this exercise. For coaching variation conduct a slow ride competition – i.e. the last to cover a set distance without touching the ground with the feet.

Zig Zag:

- Once the rider can perform slow riding with correct body position have them practice zig zags through witches hats in both the seated and standing positions.

7. Throttle and Clutch Control

30min

The aim of this module is to refine the rider's throttle and clutch control so that they are competent at controlling speed and traction. Practice throttle, clutch and brake use on a number of surfaces:

Full Lock Turns

- Have the rider travel in as small a circle as they can. Then instruct the rider to reduce the size of the circle as their clutch, brakes, throttle control and balance improves. Aim to have the rider achieve a full handlebar lock circle in first gear on a smooth flat surface.
- Once a full lock circle can be performed have the rider attempt a "figure 8".

Slow Front Wheel Lift

- At walking pace use the throttle and clutch more abruptly to loft the front wheel slightly off the ground.

8. Braking

30min

Explain and demonstrate the functions and relative stopping power of the front, rear and engine brakes. In an open flat area set up a stop box (tyres, witches hats) and have the rider practice at controlled speeds the following skills:

- Stopping inside box with rear brake only
- Stopping inside box with front brake only – teach rider to squeeze brake slowly, not grab at it abruptly
- Stopping inside box using both brakes
- Stopping using both brakes while changing gears
- Create an in section exercise to combine all braking methods

9. Cornering (Turning)

40min

Explain and demonstrate to the rider the techniques for entering, executing and exiting a turn.:

- Discuss line selection for a given corner – Tight or wide
- Approach corner in correct body position
- Discuss braking options on entry and throughout the corner

- Select the appropriate gear for the corner and section conditions
- Discuss throttle control for corner and section conditions
- Discuss the appropriate body position to suit corner and section conditions
- Discuss eye line on entry, execution and exit of a corner
- Consider weight distribution on both footpegs
- Discuss exiting turn with reference to next obstacles

10. Role of Officials

10min

Explain briefly the roles of the officials at a race meeting. Below are some officials:

- Steward
- Race Secretary
- Scrutineer
- Clerk of Course
- Observers

11. Rules of Motorcycle Racing (Competitions)

30min

Explain the meaning and use of markers in sections, section boundaries and the start finish of sections. Discuss the general competition rules of Motorcycle Sport. Display and make reference to the Manual of Motorcycle Sport and Kick Start – Getting Started In Motorcycle Sport booklet.

Markers and classes:

- Red – A grade / Expert
- Blue – C grade / Veterans
- White – Junior / Clubman / Post Classic
- Yellow – B grade / Masters / Youth
- Black – Classic
- Women - As per local markers
- Sidecar - As per local markers

Discuss how riders are scored while riding a section and discuss all of the briefly all of the penalties (as listed in the MOMS) and what they mean.

12. Discipline Specific Skills

60min

This module is designed to provide skills and knowledge that has been gained in the previous 11 modules Set up several sections and have the riders demonstrate their acquired skills. Some of the areas that can be covered are:

General:

- Explain the reasons for walking a section and picking different lines over and around obstacles.
- Explain the importance of carefully examining the entire section to ensure they find all relevant markers for their grade.
- Discuss the best lines thought the sections
- Discuss the principle of possibly making an easy part of a section harder by riding over an obstacle instead of around it, which may in turn make a harder part of the section easier

Riding in Mud:

Explain and demonstrate to the rider the steps involved in riding in muddy conditions:

- Use smooth throttle and brake control and correct gear selection
- Look ahead and remain in the correct body position
- Be prepared for changing conditions
- Discuss traction in varying mud conditions and the changes that occur to obstacles under wet and/or muddy conditions
- Discuss riding gear and potential bike set-up for wet conditions

Drop Off's / Hill Climb / Descents

Drop offs:

- Be aware of surface conditions when landing the front wheel
- Approach in correct body position
- Scan ahead for obstacles and select appropriate gear
- Discuss speed and use of the brakes and throttle

Hill Climb:

- Approach in correct body position
- Scan ahead for obstacles and select appropriate gear
- Move body weight to the appropriate position for the given hill
- Discuss appropriate throttle control and the use of momentum – consider options at the crest of the hill