

## Motorcycle Sport – Junior Coaching Program

### Coaches Lesson Plan

*Off-Road – Motocross, Enduro, Dirt Track*

### **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**

**20 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
- Pit area speed limitations
- Signs to be obeyed
- Example club flag use/meaning

#### ***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 track
- Riders pull over to the side of the track (off the racing line) if they want stop
- When restarting always check behind for other motorcycles on the track/course/section
- Maintain safe distance from riders in front

### ***Personal Safety Equipment:***

It is important that the rider is made aware of the safety equipment required for their discipline and the correct use of it, refer to the GCRs for the list of safety items for a given discipline. Explain the importance of the following:

- Helmet must be worn at all times whilst on bike and be of Australian Standards
- Helmet is correct fitting – i.e. snug against cheeks & a gap of 2 fingers horizontally between strap & chin
- Always wear long sleeves and pants of a durable material
- Always wear gloves and goggles
- Must wear dirt bike boots i.e. boots that rise to just up below the knees
- Body armour where required

## **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.

### ***Scrutineering Considerations:***

- |                              |                        |                      |
|------------------------------|------------------------|----------------------|
| ▪ Throttle return            | ▪ Spokes not loose     | ▪ Head set 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 |
| ▪ Bar pad (where required)   |                        |                      |

### ***Maintenance Consideration:***

Provide the rider with general bike maintenance tips such as:

- |                 |                                  |                                  |
|-----------------|----------------------------------|----------------------------------|
| ▪ Air Filter    | ▪ Control Cable Lubing           | ▪ Brake wear                     |
| ▪ Gear Oil      | ▪ Chain tension                  | ▪ Associated Scrutineering items |
| ▪ Tyre pressure | ▪ General nuts and bolts tension |                                  |

## **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

## **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 | ▪ Ignition switch |
| ▪ Fuel tap    | ▪ Choke         |                   |

### ***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

40min

Instruct why the rider needs to apply the correct body position and weight distribution whilst riding in a straight line, cornering (flat and berms or those appropriate to discipline being taught), on rough ground and jumping; 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.

### *Seated*

- Seat position on the bike should be as forward on the seat as comfortably possible
- Place feet on foot pegs and close to the motor
- Explain boot placement on foot pegs – relative to weight distribution, gear shift and rear brake
- Grip the bike with the knees
- Elbows bent and in an upward position – i.e elbows above hands when on handlebars
- Eyes always looking ahead – chin up
- Two fingers over each lever (where appropriate)
- Explain that the seated position a rider chooses is based on terrain conditions

### *Standing*

- Standing on the foot pegs with feet in close to the motor
- Explain boot placement on foot pegs – relative to weight distribution, gear shift and rear brake
- Bend the legs slightly to absorb bumps
- Grip the bike with the knees
- Elbows bent and in an upward position – i.e elbows above hands when on handlebars
- Riders chin to be approximately over the front bar pad (back slightly bent forward)
- Eyes always looking ahead – 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 starting (without stalling) and the ability to ride slowly in a straight line. Being able to start smoothly and ride slow 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.

### *Race Starts:*

Explain to the rider the various starting procedures which include:

- Start gates (Motocross)
- Rubber band (Motocross)
- Tape start (Speedway)
- 10 second countdown (Enduro)
- Flag starts

Have the rider practice the following exercises to improve their race starts, also reiterate clutch and throttle control:

- Practice various starting scenarios
- Practice starts with multiple riders into different types of corners marked with cones or different tracks

## 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".

### *Rear brake skids*

- Whilst the rider is traveling in first or second gear, have them engage the clutch and apply the rear brake so that the rear wheel skids and slides to one side approximately 90 degrees.
- Once the rear wheel has slid to one side the rider then needs to combine clutch disengagement and throttle control to ride away in a controlled manner.
- Have the rider perform this drill in both the standing and seated position.

### *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

60min

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 on track exercise to combine all braking methods

## 9. Cornering

40min

Explain and demonstrate to the rider the techniques for entering, executing and exiting a corner appropriate to the discipline being taught:

- Discuss line selection for a given corner – consider corner entry, execution and exit and surface conditions
- Approach corner in correct body position
- Discuss braking options on entry and throughout the corner
- Select the appropriate gear for the corner and track conditions
- Discuss throttle control for a variety of corners and surface conditions
- Discuss the appropriate body position to suit a variety of corners and surface conditions
- Discuss eye line on entry, execution and exit of a corner
- Consider weight distribution to the outside footpeg
- Keep elbows out
- Discuss corner exit with reference to next obstacles i.e. track line, eye line, surface conditions

## 10. Role of Officials

10min

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

- |                              |                 |              |
|------------------------------|-----------------|--------------|
| ▪ Steward Referee (Speedway) | ▪ Flag Marshals | ▪ Judge      |
| ▪ Clerk of Course            | ▪ Track Marshal | ▪ Starter    |
| ▪ Race Secretary             | ▪ Time Keeper   | ▪ Scrutineer |

## 11. Rules of Motorcycle Racing

10min

Explain the meaning and use of the flags and 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. Flags:

- Yellow
- Red
- Green
- Black
- Checked
- Yellow and Orange

## 12. Discipline Specific Skills

**60min**

This module is designed to provide skills that are specific to the discipline that the rider is involved in. Some of the areas that can be covered are:

### **Riding in Mud:**

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

- Discuss the correct body position for various surface conditions
- Use smooth throttle and brake control and correct gear selection
- Look ahead and remain in the correct body position
- Discuss traction in varying mud conditions
- Discuss riding gear and potential bike set-up for wet conditions

### **Riding in Sand:**

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

- Discuss the correct body position for various surface conditions
- Use smooth throttle and brake control and correct gear selection
- Look ahead and remain in the correct body position
- Discuss traction in varying sands conditions
- Keep good momentum using the throttle and gear selection
- Less braking is required to control the bike due to the drag from the sand
- 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 descending
- Approach in correct body position
- Scan ahead for obstacles and select appropriate gear
- Move body weight to rear of the bike as starting to descend obstacle/s
- Control speed using brakes and throttle control

#### **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

#### **Jumping:**

Explain and demonstrate to the rider the steps involved in jumping which include:

- Approach
- Take-Off
- Airtime
- Correction Techniques
- Landing

Have the rider practice the following skills:

- Discuss the take off and landing area's and jumping distance
- Approach jump in standing position
- Scan ahead for obstacles before the jump
- Control approaching speed and discuss line selection
- Keep in central standing position
- Use appropriate throttle control on the up ramp
- Discuss possible airtime correction techniques
- Discuss the throttle use during landing