



Coaching and Training Effectively

The athlete has been positioned correctly on the road bike and the next task is to identify his movement pattern; in other words you want to find out “how does he or she move on the bike?” Videotape the performance on the trainer as soon as practical, and then “in the field” at a later time. Positioning is the key to continue with the development of his individual movement pattern. Analyze the videotape and provide him with a copy of the results.

Let’s take a look at two scenarios; in the first, the athlete has elements of one of the movement patterns, the Sidebend Hip Hike (SBHH) for example. Your task as a coach may be to guide and expand his performance, reinforce the perception of the SBHH with video and in the context of an energy systems approach. He was tested while seated with the hands on the hoods; does perform just as well with the hands on the drops or off the saddle? If he experiences difficulty with those, your task is to teach him to transfer that same SBHH to the other situations. The instruction will involve “on the trainer” work to reinforce weight shifting on the “hoods” and improve the fluid nature of the overall motion. You don’t necessarily want to send him out on a “road ride” right away, not knowing what he is really doing.

In the second scenario, video analysis demonstrates that the athlete is relatively rigid while seated and does not tolerate moving off the saddle, bouncing significantly. We may be looking at an extended time frame for improvement. Start with the basics and practice the foundations of the SBHH, such as weight shifting on the handlebars and prepare him for the next learning milestone, guide him forward one step at a time in manageable tasks. Instruction on body position and movement awareness will be important. Have him view examples of elite level performance to build the all important mental image of a quality performance. There is good evidence that suggests that video instruction and feedback are instrumental to athlete development.

The coaching approach has to take into account the abilities of each athlete; if I asked the second athlete to perform the full movement pattern I might be setting him up for failure. The majority of cyclists are not elite athletes; and as a coach you need to understand their needs and limitations. Victories may be in the form of conquering that nasty hill that has bedeviled them for some time. They look to your guidance and expertise as a coach for improvements that may have eluded them.

Cyclists are defined by the quality of their movement patterns. Précis Velo has developed the science, practical analysis and coaching features of the cycling specific movement patterns. This approach is conceptually straightforward; it will be an extremely powerful training and analysis tool to benefit athletes of all ages. The coach will have responsibilities for observation, assessment and athlete development. This is all in line with the role of coaches in other sports.

The “Performance Movement Patterns in Cycling” video collection is available at the Precis Velo Channel in DartfishTV on a subscription basis. This video collection has animations with step by step instructional material, as well as analysis of expert and amateur athletes climbing, performing in a Triathlon and track racing. You will be able to identify expert performance and recognize areas of improvement for amateur athletes.

Imitate the Expert performances to improve your performance. The content is very detailed, with examples and insights of the common problems that may be holding the athlete back. The analysis provides information on the range and quality of each movement, timing, a sense of overall dynamic balance and impact of pedal reaction forces. This information needs to be considered in order to formulate a plan that can be tested on the trainer.

Instructions on the meaning of Keywords to help you navigate a video collection, videotaping and other relevant information will be found in attachments within the Public Collection. Where Key Positions are available, feel free to print the images and directions for your personal use. Flow Charts are available to help you understand the general approach and place the program in perspective with the whole of the sport. An outline of a Road, Triathlon and Track Training Programs is also included: progression through the programs is based on certain specific performance milestones and they provide suggestions as to where to focus your effort for the best outcome.