



Teaching Mountain Bike Skills: The Skills Training Manual for NICA Coaches

Lee McCormack

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TEACHING MOUNTAIN BIKE SKILLS: The Skills Training Manual for NICA Coaches By Lee McCormack
Safely and methodically teach your athletes how to ride with greater safety and confidence. All concepts are clearly explained and shown, and useful drills are detailed. Coaches and youth athletes will improve their skills -- and they will learn a path to mastery that lets them improve for their rest of their riding lives. List of chapters: - Be a great coach - Fit bikes to riders - Dial in their position - Pedal efficiently - Control speed - Corner confidently - Handle any terrain - Ride with vision **About the author** Lee McCormack is NICA's skills development director. He is a world renowned riding technique instructor who uses his sequential teaching curriculum to help riders of all styles and levels -- BMX, mountain and road; beginners to pros -- ride better, safer and faster. Lee wrote and illustrated the books Mastering Mountain Bike Skills, Welcome to Pump Track Nation and Pro BMX Skills. Teaching Mountain Bike Skills distills McCormack's teaching methods, and it features content specifically developed to help coaches make the most of their programs.

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