

East Bradford Cycling Club

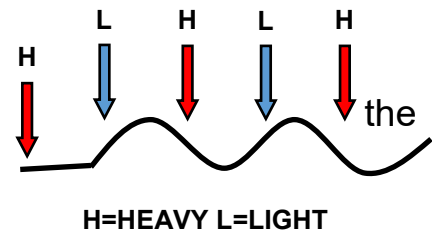
Mountain Bike Skills

Pumping



Coaching Points:

- Start in the ready position with level pedals
- On approach, try to make the bike light on the up slope- pulling the bike up towards you to hop into the downslope creating a better pumping action - bars feel close to your chest
- You should absorb the bike towards your body moving into a crouched and forward position
- Try to make the bike heavy on the downslope to create the pumping action and speed
- Lead with arms first as you go into the downslope, then legs
- You should feel like your are pushing your bike into the ground
- Drop your heels to add more downward force to the bike pushing the bike down and forward.
- You should feel your body move into the ready position



Swiss Skills Competition: **ON A FLAT SURFACE**

CHALLENGE -Riders start at the red cones, ride to the furthest line from the start and pump from that line round the yellow cone and back to the red finish cones

Using the technique described above:

- Start in Ready Position
- Keep pedals level as you pump
- Create small turns as if riding slalom through cones
- As you enter the turn make the bike heavy - load both pedals and handlebars
- As you exit - unload back to the ready position to give an inertia effect and gives you forward momentum
- Shift bike beneath you to make the turns
- Use a dynamic and rhythmic movement

Points -

1 Point if you need to pedal to the furthest blue cones from the start (C)

3 Points from (B)

5 Points from (A)

