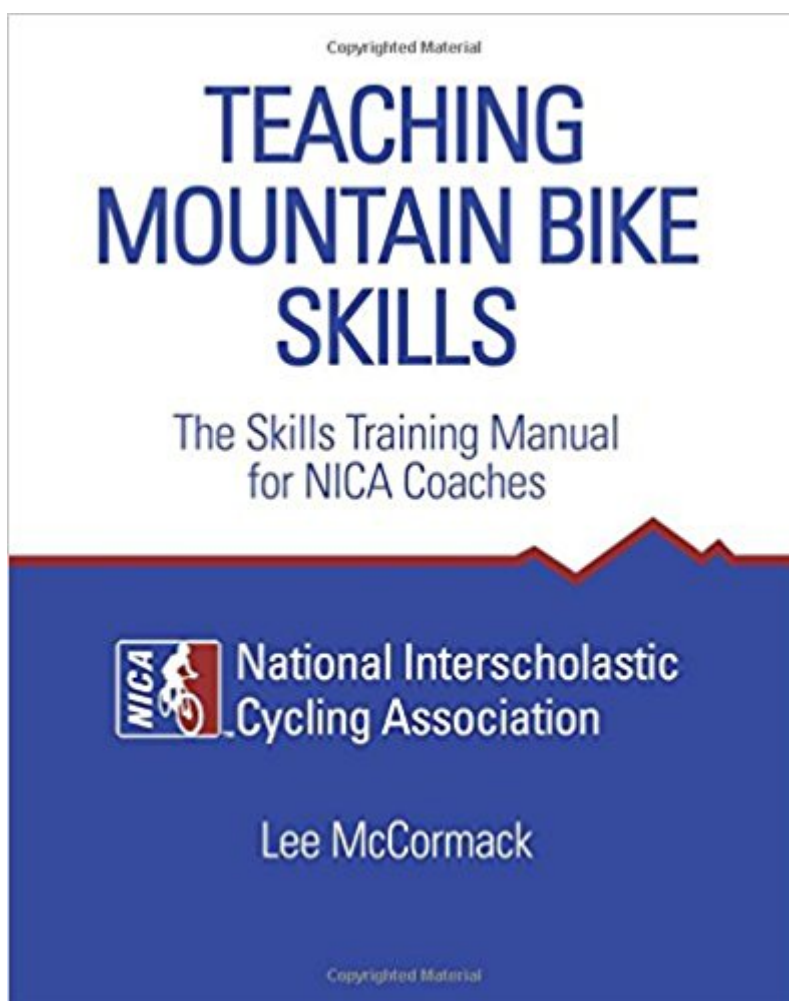




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# Teaching Mountain Bike Skills: The Skills Training Manual For NICA Coaches



## Synopsis

**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 the 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.

## Book Information

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Average Customer Review: 3.8 out of 5 stars 9 customer reviews

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## Customer Reviews

This book nicely covers bike setup, pedalling technique, cornering and most facets of mountain bike riding. I've been riding for years, and read Lee and Brian Lopes *Mastering Mountain Bike Skills 2*, which is another great book, and I picked up plenty of tips that have been great on the trail. It breaks down each skill and technique into easily understandable steps, drills and skill components, with nice photos to complement each one. If you are an experienced rider you will pick up something that will help your riding, and if you are a new rider, this book is a must read. I'm not a coach, but this

book has helped me give clear instructions friends that are new to MTB riding, and I imagine would be helpful if you are a coach as well. Get it, and you will rip on the trails.

first of all, I'm not a coach, but just a rider who wants to get better. For me, This book stressed some of the most important concepts and skills in a way that is easier to understand and implement. Also, it provides some drilling techniques for these skills which is something I missed in "mountain bike skill 2nd edition" and I believe can really improve my riding (and already had to some degree).

This is a good guide for those new to teaching MTB skills. Lots of detail on attack position and braking drills. I would have liked more drills and breaking-down info on other basic skills (eg gear selection, climbing seated vs standing). The introductory section is aimed at high school MTB coaches which is not relevant to my situation (coaching women). But overall this book is useful for beginner skills instructors.

Great book. My husband likes this!

good base of solid info and in a logical order. it shows imagery with text which helped me in explaining what to do.

I was expecting tips for more advanced skills but even then the quality of the contents is flawless

Great book

I was hoping for drills and was provided mostly assessments instead. I think of drills as behaviors that promote skill development. Many of the "drills" were more about looking for improper form than promoting good form. The pedaling section was not even current. Lee was short cutting here and did not put the time in to create a good product

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