



East Bradford Cycling Club

Mountain Bike Skills

Track Stand



What do you need?

Start on a slight uphill slope using flat pedals. Using clip in pedals is cheating!

Coaching Points:

- Pedals Level and stand up with arms and legs straight
- Turn handlebars to same side as your front foot
- Turn your shoulders so they are parallel to your handlebars
- Look ahead of your front wheel
- Put pressure on your front foot to hold the bike still
- Avoid using brakes
- Keep your balance by putting pressure through your shoulders and arms to your handlebars
- Keep your torso steady and allow the bike to move underneath you
- Apply pressure to your pedals.

Its like balancing on a narrow beam or tightrope, stay nice and relaxed and focus on the ground ahead, use a coin or chalk mark to help

Making it harder:

Roll into the track stand from walking pace, and each time your pedals are level, track stand.

Turn handlebars to the side of the back foot

One Handed

No handed

Change the slope or terrain.

This will form part of our Swiss Skills Competition:

30sec Track Stand = 1 Point, One Handed = 3 Points, No Handed = 5 Points