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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Learn to Ride Faster and Safer With Bike Handling Drills

By Matt Russ

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In my experience most cyclists take handling skills and their bicycles' in general for granted. Most mechanical break downs can be prevented by properly adjusting, maintaining, and inspecting your bicycle. And a lot of crashes can be avoided by being aware of your surroundings and having the skills necessary to react instinctively to emergency situations.

By practicing these skills in a controlled environment you will become a faster and safer cyclist. The first thing you need to do is find an open area where there is no traffic such as a parking lot. You will need some orange cones (water bottles can be substituted), and a partner.

·Braking: Begin circling your course. Have your partner randomly call out "stop." You should immediately bring you bike to a quick, safe controlled stop. Have your partner stop quickly as well and look at the distance between your bicycles. If you have good reflexes and reaction time the distance between your bicycles will be close. Practice braking in a variety of situations such as cornering and braking with your partner in front of you (be careful). If you are a beginner cyclist apply both brakes with even pressure. As you get more experienced apply slightly more pressure to your front brake.

·Cornering: Choose your line through each corner. If you corner correctly you should clip the apex of the turn. Make sure your inside crank arm is in the vertical position so that your pedal does not touch the ground. Practice cornering inside and outside in both directions and try to pick up your speed each time. Start to sprint out of corners. Set up a slalom course and also practice 180 degree turns.

·Looking: When on the road a key element of safety is being able to see what is going on around you and behind you. Beginners have a tough time looking over their shoulder while keeping their bike strait. Have your partner ride several bike lengths behind you. At regular intervals look over your shoulder and call out how many fingers they are holding up. Have your partner give you feedback on if your bike veered or stayed strait.

·Bumping: This needs to be performed on a grassy field using a mountain bike. Have your partner "bump" you slightly and touch shoulders simulating situations that occur in pack racing. You should get used to contact with other riders and not panicking in these situations.

·Riding Position: Practice transitioning smoothly from various riding positions such as sprinting, climbing in and out of the saddle, and descending.

·Drafting: Have your partner vary their speed over the course and try to maintain a constant distance from their rear wheel.

Performing these drills a few times per season will not help you much. You must take what you learn and apply it constantly while you are on the road. Good habits must be practiced thousands of times before they become good form.

Awareness is your greatest asset when riding in traffic situations. Try to anticipate what drivers are going to do. Eye contact is very important, as is visibility. Constantly check what is going on around you and stay focused on what you are doing.

Matt Russ has coached and trained athletes around the country and internationally. He currently holds licenses by USAT, USATF, and is an Expert level USAC coach. Matt has coached athletes for CTS (Carmichael Training Systems), is an Ultrafit Associate. Visit www.thesportfactory.com for more information.

Making Volleyball Drills Effective

By Bryan Watson

The volleyball drill is supposed to do several things. First, it should train the players to develop a set of skills that they can not get without repetition and continuous training. Second, it should teach your team to play well together making them unstoppable. Thirdly, it should help to develop muscle tone and strength in the necessary areas. And, the volleyball drill is also necessary to teach players how to react during a game in certain situations. But, why is it then that players hate to do the volleyball drill?

One reason for this is the repetition. No one likes to do the same thing over and over again. But, it could be that they do not understand what they are trying to learn from the volleyball drill either. In this case, provide them with the knowledge they need and they will improve faster during the volleyball drill.

There are several types of volleyball drills that need to be considered for every level of player.

* Attacking is one volleyball drill every player needs to have. In this case, some volleyball drills that could be done include approach and attack, drills that will teach middles to follow ball and beat ball to setter, cover self, defense to hitting transition as well as others.

* A key element that should be taught through a volleyball drill or two is control. There are many types of drills here including 2 X 2 tip drill, 4 X 2 Pepper as well as cross court pepper and a number of others all to teach ball control through volleyball drills.

* Defense volleyball drills are crucial to the successful game. From teaching aggressiveness, to practice digging balls to the responsibilities of players, these volleyball drills are necessary.

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* Other important skills that your volleyball team needs to learn through the volleyball drill includes blocking, passing, serving and setting.

Probably the most important of all volleyball drill options is the team drill. All teams need to learn to work together, not to work individually, at making the team a success. Only then can a volleyball drill be effective at teaching students how to win. Both players and coaches can find awesome drills to use to teach these techniques online.

Bryan Watson has enjoyed over 35 years of fresh air leisure pursuits, and has a passion to help as many people enjoy the great outdoors life to the fullest. He therefore has built a site dedicated to providing as much practical and helpful advice to help other people do the same. Volleyball Drill



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