

**Expanding Your Knowledge:
Coaching Tips for 8:1 Compact Ranges**

Bob Frank
Lisa Johnson
Jerry Lotto
Members of the 8:1 Compact Range ResLab Team

&

Cathy Rimm
Quality Assurance Specialist
Motorcycle Safety Foundation

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The presentation focuses on potential coaching issues identified during the 8:1 ResLab field research. With the basis of the MSF principles, S.A.M. and S.E.E., the areas of classroom and range are reviewed. Topics include: participant/coach bonding, skills progression, coaching position, visual range supervision, staging area and line management. The recommended range cards, derived from the field research were discussed.



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**Expand your Knowledge:
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Ranges**

*Bob Frank, Lisa Johnson, Jerry Lotto, Cathy Rimm
Members of the ResLab team for 8:1 Compact Range Cards*

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Overview •

A guided discussion of tips and recommendations to maintain the principles of safety and learning on 8:1 compact ranges.



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ResLab - 8:1 Range Cards

- *2 sets of cards exist as best practices*
 - What are the differences?
 - Which is preferred, by exercise?
 - Is special RiderCoach training needed?



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RiderCoach Keys to Success

- *Vigilant*
- *Directive*
- *Innovative*
- *Energetic*





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Learning Principles related to 8:1

• ***SAM***

Safety Principles

Adult Learning Principles

Motor Skills Development Principles

• ***SEE***

Safe

Effective

Efficient



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Learning Principles related to 8:1

- *Classroom*
- *Participant/Coach bonding*
- *Skills Progression*
 - Tighter Maneuvers
 - Condensed Traffic Management
 - More Repetitions





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Range Management

- *Visual Range Supervision*
 - Coach position
 - Maximize field of vision
 - Orientation
 - Know potential areas of conflict
 - Movement
 - Coaching by correction
 - Simulated Practice



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Range Management

- *Staging Area*





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Staging Area

- Layout
- Early exercises vs. later exercises
- Consistent use & value
- Students stay on motorcycles



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Range Management

- *Line Management*





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Line Management

- Early intervention for inappropriate behaviors
- Coaching from the back of the line
- Coached vs. “supervised practice”
- Pacing the exercise



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Range Management

- *Transitions*
 - Calling vs. sending
 - A “good” lead rider
 - Staging
 - Breaks





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Range Management

- *Facilitating Cone Placement*
 - Tools to carry/pick up cones
 - Assistance - enlist students?
 - Color coded range markings
 - Plan ahead





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Range Exercise Discussion

- *Riding Demonstrations*
 - Preview Path of Travel & Key Evaluations
 - Students can use cards while observing
 - Narration methods
 - Ensure understanding



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Range Exercise Discussion

- *Managing Split Exercises*
 - Coaching position
 - Staging area
 - Repetitions





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Training / Experience Pre-Requisites Discussion

- *Number of BRC Classes?*
- *Years of Coaching?*
- *Special Training?*
- *Program Manager approval?*
- *Mentoring Process?*
- *RiderCoach Motivation?*



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Summary

“Teaching was the hardest work I had ever done, and it remains the hardest work I have done to date.”

Ann Richards



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Thank You!

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