



PEDAL STROKE SOLUTIONS

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OVERVIEW

An efficient pedal stroke requires time to develop. Incorporating pedal stroke drills during your profiles can help your students perfect their pedal stroke. Learn several drills and ways to incorporate them into your classes. Experience these drills and perfect your pedal stroke.

This workshop is the perfect companion to the *Dissecting the Pedal Stroke* lecture.

OBJECTIVES

- Learn how to Incorporate Pedal Stroke Drills in your class
- Experience pedal stroke drills.

SUMMARY

Pedal Stroke Drills

1. Back and Forth
2. Bounce Test
3. Circles-Squares-Circles
4. Clock Drills
5. Single Leg Drills (Both feet on the pedals)
6. Spin-ups
7. Steady Long In and Out
8. Unload: Get 'Outta' the Way

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**