

Range Exercise Case Study #3

Exercise 2 – Using the Friction Zone - Part 3, Riding in a Straight Line

- A student who was struggling with balance, posture, keeping her head up, and keeping her feet on the pegs was coached by the RiderCoach to “use both brakes while stopping”.

1) Identify Continuous Improvement Opportunities (CIO)?

2) Identify appropriate content to context threading.

3) What would you do to facilitate performance improvement for this RC?