



Here are the MTB skills in my Hierarchy of MTB Skills you should be practicing. Use this to see faster improvements in your riding and get the most out of your practice time.

1. Vision:

Always be looking ahead correctly! This affects everything: balance, line choice, timing, even body position!

- Where you are looking
- Using all elements of your vision correctly
- Training your vision/subconscious connection

2. Descending Body Position:

Goal: to always be in balance, in control, relaxed, neutral, in an athletic stance and be as smooth as possible.

- Vision
- Weight placement
- **See this video tutorial:**
[The Fundamental MTB Body Position](#)
- Arm/shoulder position
- Foot placement on the pedal

3. Balance:

Always in balance. Balance can be trained.

- Vision has a huge effect on balance!
- Body position
- Balance training
- Pedal pressure
- Slow speed balance
- Track stands



4. Climbing Body Position:

- Vision
- Weight placement
- Hinge
- Arm/shoulder position

5. Momentum management:

Working with the trail not fighting the trail.

- As smooth as possible (smooth equals fast and efficient)
- Being dynamic (using your range of motion). **See this video tutorial:**
[Mountain Bike Steep Rock Rolls](#)
- Contouring
- Weight shifts
- Pumping

6. Braking:

- Vision
- Descending body position
- Foot and hand adjustments
- Bracing

7. Cornering:

- Vision (looking through corners; 5-10 feet past exit if possible)
- Descending body position
- Finish cutting speed and braking done in a straight line before starting the corner
- Line choice
- Correct body position for optimum traction



- Foot placement (down or level). Correct foot placement for goal. Is your goal optimum traction in a loose corner or to have traction, but want to accelerate by pumping the corner?
- Forward foot towards turn direction at the entrance. Again, if you're not perfect on everything above and/or if this makes you less perfect on anything above, it is a complete waste of time

8. **Obstacles skills 1.0:**

- Vision
- Body position
- Pedal Wheelie
- Coasting Wheelie/Manual. **See this video tutorial:**
[MTB Manual Over Obstacles w/Overlooked Move](#)
- Weight Shifts

9. **Switchbacks:**

- Vision
- Body Position (climbing and descending)
- Entrance preparation (braking for a downhill switchback, shifting catching breath for uphill)
- Line choice and turn entry point
- Uphill; power modulation. Downhill; brake control

10. **Obstacle skills 2.0**

- Drop-offs (at all speeds)
- Rear-wheel lift
- Bump jump. **See this video tutorial:**
[MTB Bump Jump](#)



- Bunny hop/J Hop
- Jumping

11. Riding Off-camber trails and roots:

- Vision
- Body Position
- Balance
- Don't brake

12. Restarting on a hill:

- Vision
- Body Position (climbing)

(Note: After skills one through three there isn't much of a hierarchy anymore)