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Tips & Tricks



Tip #2—How to Practice

I have learned early on that most people, when they practice, just go out and hammer laps or just trail ride. Well heck, I know that's why we all ride, because it's fun and we enjoy trailriding with our buddies or riding laps around an mx track BUT, have you ever noticed what baseball or football players do when they practice? Do they just play football or baseball? NO! They work on fundamentals. So what I'm saying is this--the next time you go trailriding take some time - maybe 20 to 30 minutes before or after you ride - to work on something that may not be a strength like turns, logs, whoops, wheelies, hills, starts, etc.

How many people get all fired up to go riding and then it starts to rain, they get all bummed out and then they don't go. Then they go to a race, it starts to rain and they get their butt kicked. But if we were to practice in the rain, we would probably ride a lot better in it than your competition.

Also remember - and this is important - slow

down and be conscious of what your are trying to do when practicing fundamentals. You cannot learn a new skill by just holding it wide open and "just doing it", especially if you are trying to change a bad habit. You must also realize that you have to do it over and over again so it becomes a natural habit. This is important because when you go to a race, you're not thinking about technique, you are just going as hard as you can and doing what comes natural.

A wise man once told me, "practice does not make perfect, perfect practice makes perfect". For instance, how many hare scramblers or motocrossers practice their starts? I would guess most don't. To me, this is silly. Tell me where can you pass all of the riders in your class at once on the track? The start. Starts are so important - you need to practice them. (If getting good starts is an issue for you, see my video clip on starts. I guarantee you will be nailing the holeshots!)

~ Keep it twisted ~ Rich