**Cone Drills & Exercises:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ✔ | **Exercise:** | **Taught by:** | **Date:** | **Location:** |
|  | Toe clip |  |  |  |
|  | Shoulder checks |  |  |  |
|  | Track Stand |  |  |  |
|  | Figure 8 |  |  |  |
|  | Stop and Turn |  |  |  |
|  | Water Bottle Coordination |  |  |  |
|  | M-Drill |  |  |  |
|  | Rock Dodge |  |  |  |
|  | Instant Turn |  |  |  |
|  | Crossover Drill Serpentine Off-Set Serpentine |  |  |  |
|  | Shoulder Lock |  |  |  |
|  | Emergency Braking |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Police Tactical Skills:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ✔ | **Exercise:** | **Taught by:** | **Date:** | **Location:** |
|  | Powerslide Powerslide dismount |  |  |  |
|  | Crossover Dismounts |  |  |  |
|  |  Crossover  |  |  |  |
|  |  Kickstand |  |  |  |
|  |  Top Tube |  |  |  |
|  |  Foot Through |  |  |  |
|  |  Running |  |  |  |
|  | Dismounted / Self Defense: |  |  |  |
|  |  Bike as Barrier |  |  |  |
|  |  Wheel Up |  |  |  |
|  |  Bike Roll |  |  |  |
|  |  Bike Throw |  |  |  |
|  |  Bike Drop |  |  |  |
|  |  Chain Derailment |  |  |  |

**Suspect Contacts:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ✔ | **Exercise:** | **Taught by:** | **Date:** | **Location:** |
|  | Sandwich |  |  |  |
|  | Traffic Stops |  |  |  |

**Scenarios:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ✔ | **Exercise:** | **Taught by:** | **Date:** | **Location:** |
|  | Crossover: single & teams |  |  |  |
|  |  Stationary suspect |  |  |  |
|  |  Walking suspect |  |  |  |
|  |  Multiple suspects |  |  |  |
|  | Crossover – foot forward |  |  |  |
|  |  Walking suspect |  |  |  |
|  |  Running suspect |  |  |  |
|  | Crossover Kickstand:Single & teams |  |  |  |
|  |  Stationary suspect |  |  |  |
|  |  Multiple suspects |  |  |  |
|  | Powerslide: |  |  |  |
|  |  Stationary suspect |  |  |  |
|  |  Walking suspect |  |  |  |
|  |  Running suspect |  |  |  |
|  |  Sandwich |  |  |  |
|  | Traffic Stops: |  |  |  |
|  |  Single officer |  |  |  |
|  |  Two officers |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |