**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 |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |