Free sample from The Scooter Rider Skills, Safety & Commute Planner. This is worksheet 2 of 11. Get all 11 worksheets: scootermatch.com/kit

12-Week Riding Skills Plan

Three levels, one skill a week, each with a pass check before you move on

Rider	**Week 1 starts**
Sessions per week	**Practice spot**

For electric and kick scooter riders, adults and older kids alike. Each week builds on the one before: you cannot turn tightly until you can stop on a mark, and you should not ride traffic until you can do both without thinking. Work a week until its pass check holds on two of three tries (log them on the Weekly Ride Log), then move on. Pull each week's exact exercise from the Riding Drill Library. Stay in the lowest speed mode until Level 3. Helmet on for every session, including the first one in an empty lot.

Level 1, week 1: stance and balance

- [ ] Empty parking lot or quiet path; lowest speed mode; helmet fastened
- [ ] Feet one in front of the other on the deck, knees soft, eyes 15 to 20 ft ahead, both hands on the grips
- [ ] Kick or throttle gently to walking pace and glide in a straight line between two chalk lines 3 ft apart
- [ ] Pass when: three straight glides of 50 ft without a foot down or touching a line (drill B1, B2)

Level 1, week 2: brakes before speed

- [ ] At walking pace, squeeze each brake on its own, then both together, and feel how each one bites
- [ ] Stop with the front wheel on a chalk mark, rear brake and front brake together, no skid
- [ ] Pass when: three stops in a row on the mark from about 5 mph, no rear skid and no lurch forward (drill K1, K2)

The site's safety guide explains why: rear-only braking hard can skid, front-only braking hard can pitch you forward. Combined, gradual braking is the habit to build.

Level 1, week 3: your real braking distance

- [ ] Run the Braking Distance Test (sheet 4) at 5, 8 and 10 mph on dry pavement
- [ ] Write the measured distances in the rider's own table; these become the following gap you keep in Level 3

- [ ] Pass when: three stops at 10 mph land within 2 ft of each other (drill K3)

Level 1, week 4: the quick stop and the scan

- [ ] A partner calls "stop" at a random moment; stop hard with both brakes, weight low and back
- [ ] Ride a loop calling out every crack, drain and pebble 15 to 20 ft ahead before you reach it
- [ ] Pass when: a called stop at 10 mph lands inside your week 3 distance plus one reaction length (drill K4, S1)

Level 2, week 5: wide turns and figure eights

- [ ] Figure eights around two cones 20 ft apart; look through the turn, not at the front wheel
- [ ] Lean the scooter with your body; do not steer hard with the bars at speed
- [ ] Pass when: three figure eights each way without a foot down, at a steady 6 to 8 mph (drill T1)

Level 2, week 6: tight turns, U-turns and slalom

- [ ] Five-cone slalom at 6 ft spacing, then a U-turn inside a 12 ft box
- [ ] Slow before the turn, never brake hard mid-turn
- [ ] Pass when: the slalom clean and a U-turn inside the box, both directions (drill T2, T3)

Level 2, week 7: bumps, curb cuts and cracks

- [ ] Roll over a garden hose, then a 1 in board, standing tall with knees bent and weight slightly back
- [ ] Cross a painted line or a crack at a right angle, never along it
- [ ] Ride a curb cut down and up at walking pace; never ride off a full curb
- [ ] Pass when: five rolls over the board with no wobble and a steady line (drill O1, O2)

Small solid wheels are the most easily stopped by a crack; the site's safety guide names potholes and cracks, not top speed, as the usual cause of falls.

Level 2, week 8: hills, up and down

- [ ] Look up your motor on the Route & Commute Planner hill table; below about 6 mph expect to kick-assist
- [ ] Climb a short hill in the lowest mode, weight forward; descend with both brakes feathered, speed capped at the mode you trained in
- [ ] Stop and restart on the slope once, both directions
- [ ] Pass when: a controlled descent with a planned stop at a mark partway down (drill H1, H2)

Level 3, week 9: route recon at low speed

- [ ] Ride your real route once in daylight in the lowest mode, or walk it with the scooter

- [ ] Mark potholes, blind corners, driveways, crossings and any stretch where the law says dismount on the planner
- [ ] Pass when: the route sheet is complete and the ride had no surprise stops (drill R1)

Level 3, week 10: traffic skills

- [ ] In the lot first: look over your shoulder while riding straight; signal only if you can keep control with one hand
- [ ] On the route: ride where your city allows (bike lane or road edge, rarely the sidewalk), predictable and in a straight line
- [ ] At every intersection, make eye contact with drivers before crossing their path; watch for right hooks and doors opening
- [ ] Pass when: two full route rides with a following gap at least your week 3 braking distance (drill R2, R3, S2)

Where you may ride, the speed cap and whether hand signals are required vary by state and city. Check yours on the Rider Safety Sheet before this week.

Level 3, week 11: low light and wet

- [ ] Front and rear lights on, reflective layer, a ride at dusk on the known route
- [ ] On damp pavement only: speed well below normal, brake earlier, avoid painted lines, grates and leaves
- [ ] Pass when: a dusk ride with lights and a wet-pavement braking test, both logged (drill R4, K5)

Check the scooter's own water resistance rating before any wet ride, and never charge a scooter that is still wet.

Level 3, week 12: the full commute

- [ ] Ride the real route at your normal speed mode, timed, with the bag you will carry
- [ ] Park, fold and lock through the frame to something fixed; charge on a hard floor away from exits
- [ ] Pass when: two timed commutes logged with no near misses, and battery left over within the 80% rule

Researched guidance, not professional advice. Wear a certified helmet every ride. Scooter laws differ by state and city: check yours.