



# Cycling Games



# Cycling Ireland – Cycling Games

Cycling Ireland is the National Governing Body for cycling and our vision is an island enriched by cycling. We provide opportunities for cyclists of all ages & stages to fulfil their aspirations & potential to participate and get on their bike as often as possible.

We provide training / education courses and workshop to clubs, schools, community groups, LSP's etc. which support the delivery of cycling activity in local communities, creating an environment, so anyone, anywhere in Ireland has the opportunity to cycle safely and with confidence.

A special thanks Cycling Ireland tutors and coaches, who have shared their experience of delivering games to riders and have compiled this resource of favourite games to help support the development of key cycling skills.

The aim of the games is to have fun and enjoy the experience of riding the bike in a safe environment with social interaction along the way.

20 games have been developed, focusing on the 4 fundamental skills of cycling – Balance, Braking, Cornering and Pedalling.

The games are appropriate for riders of all ages and abilities, including bikes with and without pedals and balance bikes.

The layout of each game card explains how to play, a list of equipment needed, diagram showing playing area, adaptations for each game and coaching points.

A full list of equipment has been provided, with a view for it to be kept to a minimum, however you can be as creative as you like with additional props to support game enjoyment!

A large flat off-road area is required for the games to be participated in safely, on terrains such as tarmac/grass/gravel for example car park, local park, school playground etc.

As the games progress from 1-20 they increase in skill development, it is the responsibility of the coach to take into consideration the skill level of participants.

For full game enjoyment, it is important riders are kept safe at all times. Games Tips and safety guidelines have been provided to support the coach to deliver the games appropriately.

**We hope you enjoy the games!**



# Games List

- Game 1:** Animal Walk
- Game 2:** King/Queen of Castle
- Game 3:** Traffic Lights
- Game 4:** Simon Says
- Game 5:** Bubbles
- Game 6:** Mountains and Valleys
- Game 7:** Musical Statues
- Game 8:** Limbo
- Game 9:** Stuck in the Mud
- Game 10:** Colour Match
- Game 11:** Slow Race
- Game 12:** Relay Race
- Game 13:** Cycle by Numbers
- Game 14:** Rob the Bank
- Game 15:** Cops and Robbers
- Game 16:** X's and O's
- Game 17:** Dodge Ball
- Game 18:** Bean bag Throw
- Game 19:** Paper Round
- Game 20:** Bike Wars

# Games Card Layout

Name of Game (Beginner/Advanced) (Pedals/No Pedals)	
How to Play	Equipment
	Adaptions
Diagram	
Coaching Points	

# Games Equipment List

- Bikes (with and without pedals) / Balance Bike
- Helmets
- Chalk
- Cones (at least 4 different colours)
- Bubble Mix
- Swimming Noodle
- Pole / brush handle
- Hula Hoops (at least 4 different colours)
- Bean bags (approx. 40, at least 4 different colours)
- Large rubber balls or tennis balls
- A source of music (musical instrument i.e., a drum, music from a mobile phone etc.)
- Bibs / High Vis vests



# Games Tips & Safety Guides

- ✓ Riders must wear a helmet – helmet check needs to be completed at the beginning of each game.
- ✓ Bikes must be in working order – bike check is required before any activity has taken place.
- ✓ Clothing check – Check for loose laces, baggy trousers, loose cords, scarfs etc.
- ✓ Weather check – Wear appropriate clothing for the weather you will be cycling in e.g jacket if raining, gloves if cold and suncream if sunny.
- ✓ Risk Assessment to be completed of the area that will be used for the games. If on a slopping hill make sure to explain braking to all riders.
- ✓ There are many ways to adapt activities so more riders can play. Remembers STEPS - Space, Task, Equipment, People and Speed.
- ✓ Watch out for riders colliding - Riders must look in all direction and be aware of other riders. With groups of riders moving at speed from different locations – possibly in opposite directions.
- ✓ When riders play games, it is about learning control, steering and use of brakes to control speed.
- ✓ When riders play the games, they will learn to move their bodyweight around on the bikes. This is called cone of movement.
- ✓ Make sure all riders leave their bikes down with the chain side facing upwards.
- ✓ Riders need to take caution when throwing the bean bags as to avoid wobbling on the bike, this will test their overall balance and bike handling.



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# Animal Walk

## HOW TO PLAY

- Animal Walk involves learning the fundamental cycling skill of balance, by copying the movement of an animal whilst cycling. The aim of the game allows riders to learn the techniques of striding, scooting, and gliding.
- Each rider must line-up side by side on the start-line sitting on their bikes
- "Walk like a dog" **STRIDING** by walking and keeping sitting on the saddle
- "Run like a Cheetah" **STRIDING** with bigger steps and at a faster pace.
- "Leap like a Frog" **SCOOTING** by pushing off the start-line with both legs simultaneously.

## EQUIPMENT

- Balance Bikes / Bikes (with pedals removed)
- Chalk or cones

## ADAPTIONS

- Riders leap like a frog one at a time and glide as far as they can, mark the point at which they put their feet down by using a coloured cone/chalk. Challenge the riders to get further each time.

### STRIDING (WALK LIKE A DOG)



### STRIDING (RUN LIKE A CHEETAH)



### SCOOTING (LEAP LIKE A FROG)



## COACHING TIPS

- Before starting make sure the rider knows how to use their brakes.
- Ensure rider can put their feet flat on the ground, so they can stride, scoot, and glide.
- Make sure the rider is sitting on the saddle.
- Ask the riders to look ahead where they want to go.

## 2

## King/Queen of Castle

## HOW TO PLAY

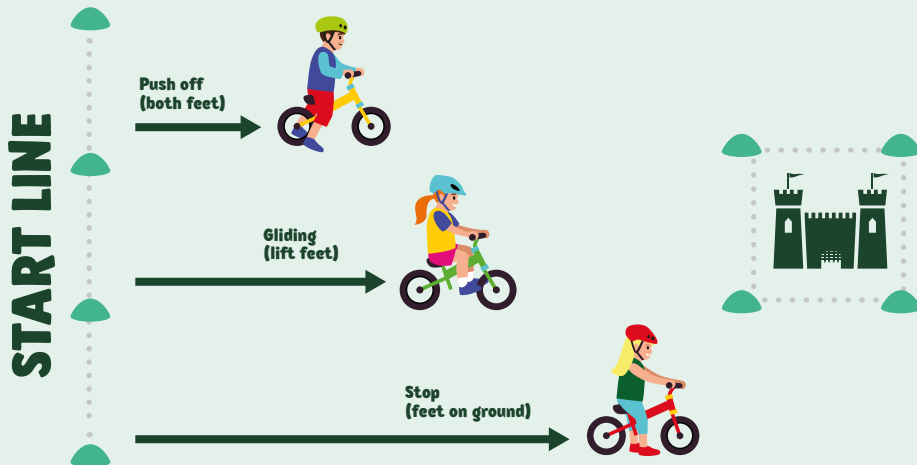
- The aim of the game is for the riders to glide closest to the castle to become the King or Queen.
- Riders must line up, side by side on the start-line
- "The Castle" represented by a cone or multiple cones will be placed at the opposite end of the playing area.
- All riders will be instructed to push off one at a time from the start-line using both legs simultaneously.
- The riders will be aiming to GLIDE to "The Castle" until they come to a stop (without using their feet or brakes).
- Once stopped, they stay in that position while the next rider tries to get closer to "The Castle".
- Once all riders have stopped, the one who is nearest the "The Castle" is declared King or Queen.

## EQUIPMENT

- Balance Bikes or Bikes (with pedals removed)
- Cones or chalk

## ADAPTIONS

- Change the distance of the castle to make it closer or further away from the start line.
- Add cones in between the start line and the castle. These cones will be the castle guards, the riders need to avoid the guards, moving around the cones while still gliding.



## COACHING TIPS

- Make sure riders are spaced out so there will be no collisions, with bigger groups divide them into 2 or 3 groups.
- Ask the riders to look ahead where they want to go.

# Traffic Lights

## HOW TO PLAY

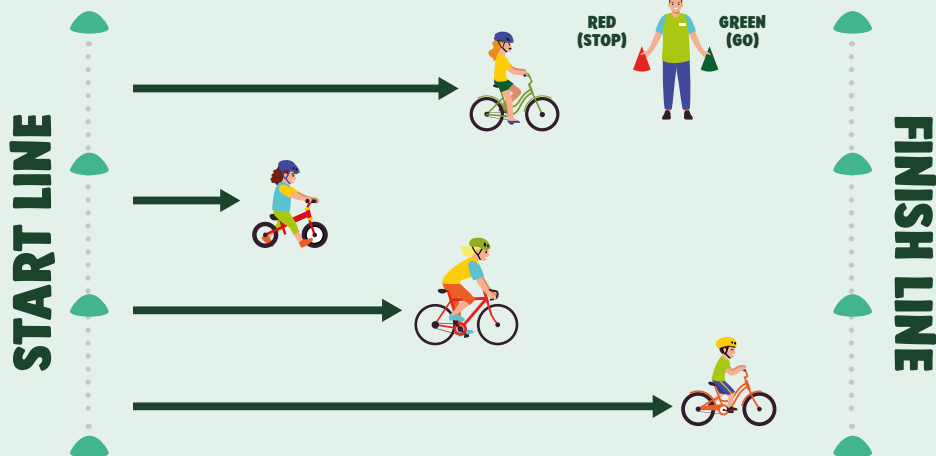
- The aim of the game is to make it to the other side of the playing area past the traffic lights.
- Each rider must line up, side by side on the start line.
- The coach will call out the colour of the traffic lights, holding up a cone in that colour.
- “Red Light” means riders must stop.
- “Green Light” riders can continue to cycle.
- All riders must try to get to the other side of the playing area as quick as possible.
- Any rider who continues to move when the coach calls out “Red Light” must go back to the beginning and start again from the start line.

## EQUIPMENT

- Bikes or balance bikes
- Cones (Red, Green, and Orange)

## ADAPTIONS

- Add an “Orange light” where cyclists have to move at slow walking pace
- Ask different riders to call out the traffic lights.
- Use cones only, with no verbal cues to encourage riders to lift their heads



## COACHING TIPS

- Before starting make sure the rider knows how to use their brakes.
- Ask all the riders with pedals to start cycling with their foot in the two o'clock position, pushing down on the pedal.



# 4 Simon Says

## HOW TO PLAY

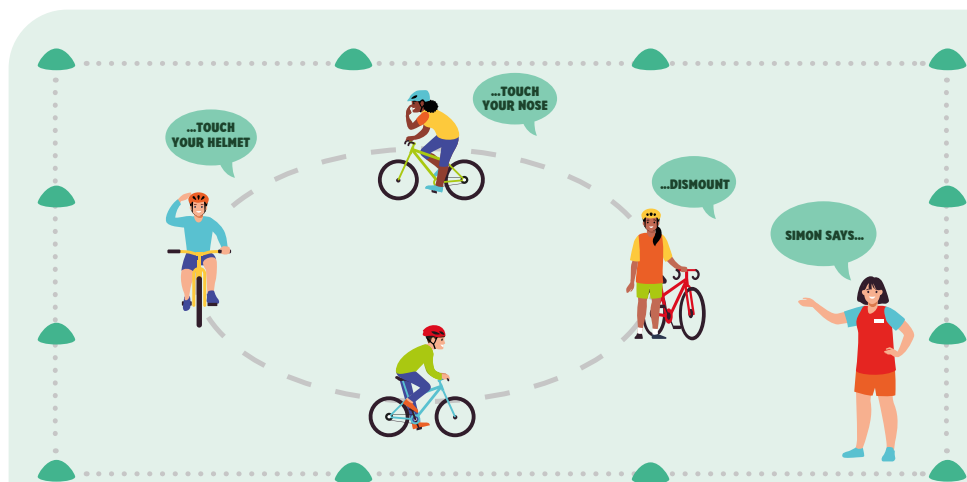
- The aim of the game is to follow the instructions of Simon.
- “Simon” will be the coach.
- All riders will cycle around the playing area, in the same direction.
- The coach must call out “Simon says” before an instruction and the riders must complete this action. For example – Simon says touch your nose, Simon says touch your helmet.
- If the coach does not call out “Simon says” before the instruction riders must not complete this action. For example – stop, wave your right hand.

## EQUIPMENT

- Bikes or balance bikes
- Cones or Chalk

## ADAPPTIONS

- Split the group into 2 – ask them to cycle in opposite directions in a circular motion (clockwise/anti clockwise) one inside the other, use cones/chalk to mark out the area. For example – Simon says high five (the rider coming towards you in the opposite direction).



## COACHING TIPS

- Develop riders' confidence to cycle one handed by building up the time that a rider lifts their hand off the handlebar. For example - if a rider finds it difficult to take off one hand, ask them instead to practice taking it off for 1 second and only take their hand off an inch away from handlebars. The more they practice they will be able to do it for longer until they can do a signal for a right- or left-hand turn.



## 5

## Bubbles

## HOW TO PLAY

- The aim of the game is to burst as many bubbles as possible.
- Each rider must begin cycling around within the playing area. The coach will blow bubbles into the playing area and ask the riders to burst the bubbles with different bike/body parts for example: helmet, front wheel, left hand etc.

## EQUIPMENT

- Bikes or balance bikes
- Bubbles

## ADAPPTIONS

- “Avoid the Bubbles” riders must avoid the bubbles, if a bubble pops on a rider they are out, and the game finished when one rider is left.
- Add more people to help with the bubbles.



## COACHING TIPS

- Assess the rider's ability, if a rider is unable to take their hand off while cycling, ask the rider to stop, put their feet on the ground and then burst the bubbles.



# 6 Mountains and Valleys

## HOW TO PLAY

- The aim of the game is to turn over as many cones as possible for your team “Mountains or Valleys”
- The riders will be split into 2 teams.
- The coach places cones in the playing area with even amount set out for each team.
  - Team 1 – Mountains (cones are downward)
  - Team 2 – Valleys (cones are upwards)
- Riders to cycle around the area and stop their bike at the other team's cones, dismount, turn over the cone, mount the bikes and continue to the next cone.
- The game continues for a set time and the winning team is the team with the most “Mountain” or “Valley” cones.

## EQUIPMENT

- Bikes or balance bikes
- Cones (approx. 20)

## ADAPPTIONS

- Add more cones or take away more cones depending on the number of participants.
- Make the space smaller or bigger depending on the number of participants.



## COACHING TIPS



- Ask the riders to mount and dismount on the left-hand side as this is good practice for riding on the roads in Ireland. The foot path is on the left-hand side.
- Ask riders to keep their brakes covered at all times.

# 7 Musical Statues

## HOW TO PLAY

- The aim of the game is to listen to the music, cycle around and when the music stops, stay still.
- Each rider must start within the playing area, the coach will oversee the music.
- The coach must play music for the game to begin, whilst the coach is playing music the riders must cycle slowly in between each other within the playing area, keeping their heads up looking where they are going.
- When the music stops each rider must also stop by braking and placing both feet on the ground.
- Riders must wait for the music to start before they can move again.

## EQUIPMENT

- Bikes or balance bikes
- A source of music e.g., musical instruments like a drum, music from a mobile phone, speaker etc.
- Rings e.g., hula hoops or chalk

## ADAPPTIONS

- Each rider can be assigned a ring within the playing area. When the music stops each rider must ride back to their ring and placing their front wheel in it. The next time the music stops, riders must place their rear wheel in the ring.
- An elimination element may be added by removing the last rider to stop or the last rider to place their wheel in the ring each time the music stops.



## COACHING TIPS



- Ask riders to keep their brakes covered at all times.
- Ask the riders to look ahead where they want to go.

# 8 Limbo

## HOW TO PLAY

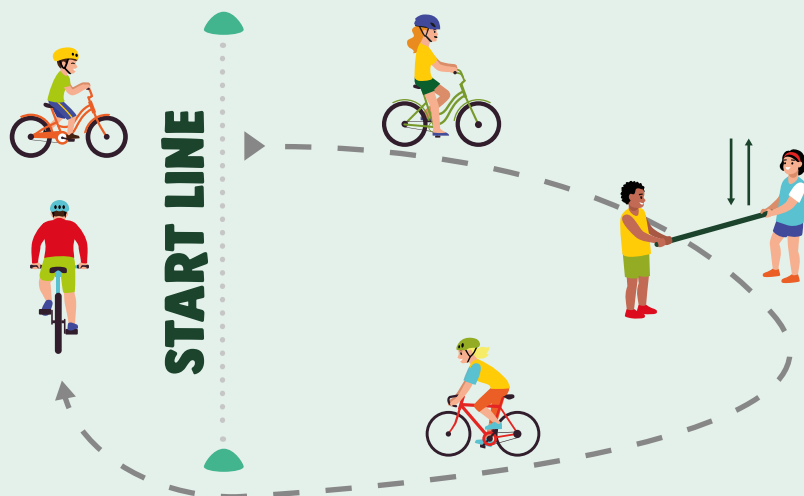
- The aim of game is to cycle under the limbo pole without touching it.
- All riders must line up in a single file behind the start line.
- Two people need to hold the limbo pole and one at a time riders take turns riding under the limbo pole.
- As they cycle towards the limbo pole, they need to duck underneath it.
- Each round the limbo pole will be dropped slightly, if a rider touches off the limbo pole, they are out.
- The limbo pole will drop each round until the last rider is left in, this rider is then the "The Winner".

## EQUIPMENT

- Bikes or balance bikes
- Limbo Pole – swimming noodle, pole, or brush handle
- Cones or Chalk

## ADAPPTIONS

- Move the limbo pole slowly up and down. Riders will need to time their approach to pass underneath.
- Riders to adjust their body position to get under the limbo pole (left, right, forward, back).



## COACHING TIPS

- The attack position - get lower on the saddle, riders must shift their body position back off the saddle, heels are down, arms are straight, looking straight ahead.



## 9

## Stuck in the Mud

## HOW TO PLAY

- The aim of the game is to avoid being caught by the tagger and getting stuck in the mud.
- Each rider will cycle around within the large playing area.
- The coach will act as “The Tagger” for this game, they will walk around the area with the tagging stick and try to gently tag as many riders on the back as possible.
- When tagged, riders must stop and remain stationary with their arms out to the side until they are ‘released’.
- To be released another rider must cycle under their arm.
- The game continues until “The Tagger” can get all riders “Stuck in the Mud”.

## EQUIPMENT

- Bikes or balance bikes
- Tagging stick - Swimming Noodle

## ADAPTIONS

- Change the tagger or add more taggers to the game.
- Change the release of the riders by high fiving instead.



## COACHING TIPS

- Riders must control their speed while attempting to release another rider.
- Ask the riders to look ahead where they want to go.

## 10

## Colour Match

## HOW TO PLAY

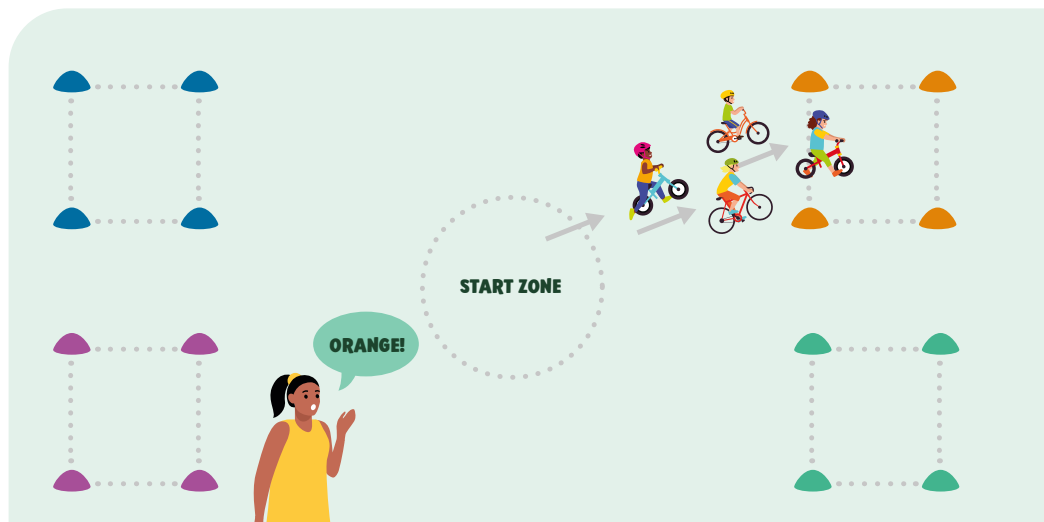
- The aim of this game is to cycle around the correct coloured cones that is called out.
- All riders must gather on their bikes in the centre circle within the large playing area.
- The coach will act as “The Caller” and must call out the name of the coloured cones.
- When “The Caller” calls out a colour, riders must ride to the cones and stop.
- The last rider to each colour is out (any rider who makes contact with a cone is also out).
- The game will continue until there is only one rider left who is “The Winner”

## EQUIPMENT

- Bikes or balance bikes
- Cones - Coloured Stations

## ADAPTIONS

- Riders can cycle to the coloured cone and back to the centre circle, the last rider to the circle is out.
- The caller can hold up a coloured cone rather than call out the colour, making riders look up to see which colour
- Replace coloured cones for pictures e.g., animals, shapes, objects etc.



## COACHING TIPS

- Riders to keep their brakes covered at all times.
- Riders to look ahead where they want to go.
- Riders to cycle in the same direction



## 11

## Slow Race

## HOW TO PLAY

- The aim of the game is to cycle as slow as you can and be the last to cross the finish line.
- All riders, line up, side by side at the start line on their bikes and will set off at the same time.
- When the coach says go, all riders must cycle as slow as they can to the finish line.
- Riders will be out of the game if they put a foot down or cycle 90 degrees to right or left.
- The last rider to the finish will be "The Winner".

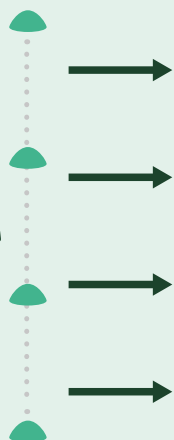
## EQUIPMENT

- Bikes with pedals
- Cones or Chalk

## ADAPTIONS

- Place obstacles on the course such as cones or hoops that must be ridden around. Get riders to do a U-turn and return to the start, which then becomes the finish.
- Instead of pedalling in a full rotation slowly, riders will ratchet the pedals (see saw the pedals) First the right foot forward and then the left foot forward.

START LINE



SIDEWAYS



FOOT DOWN

START LINE



## COACHING TIPS

- Riders look in direction they are traveling.
- Small movements of the handlebars to keep the bike balanced.
- Riders use their brakes to slow down and a tip of the pedal to move forward.

## 12

## Relay Race

## HOW TO PLAY

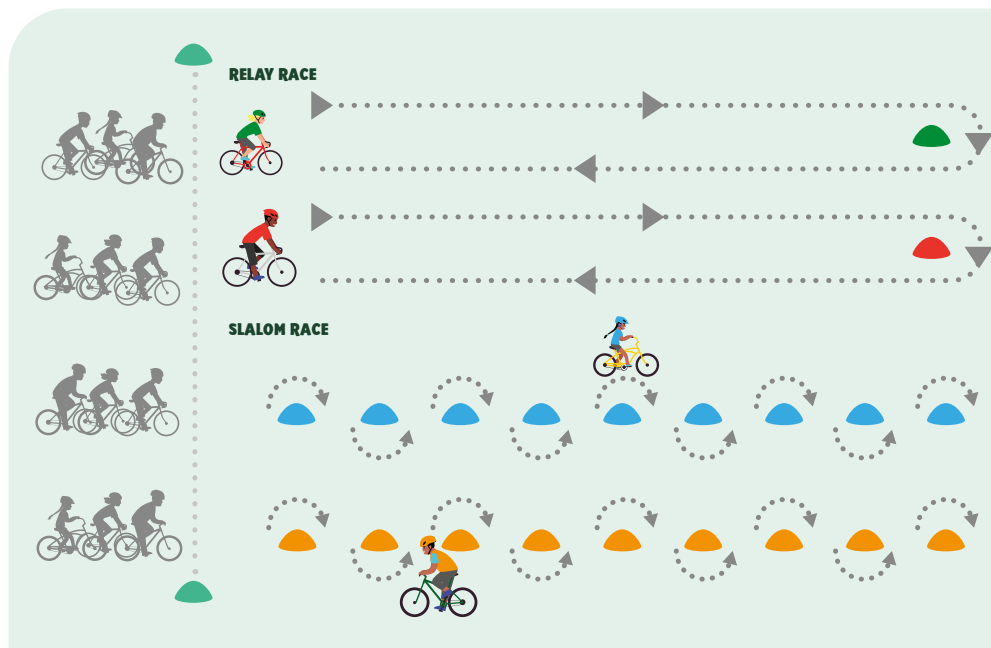
- The aim of the game is to pass the bean bag to your teammates and be the first team to finish.
- Riders will be divided up into even teams.
- All riders will line up on the start line behind their teammates.
- Riders will take it in turns to cycle up and around a cone and back to the start line.
- The rider then hands the bean bag to the next teammate and then they take their turn.
- The team who completes the relay first are the winners.

## EQUIPMENT

- Bikes or balance bikes
- Cones or Chalk
- Bean bag

## ADAPPTIONS

- Relay race around slalom cones.
- Relay race on a circular track.
- Adjust the distance of the track.
- Adjust the distance between the cones.



## COACHING TIPS

- Practice handing over the bean bags while stopped and progress to passing while cycling.
- When turning you always look at your exit.

## 13

## Cycle by Numbers

## HOW TO PLAY

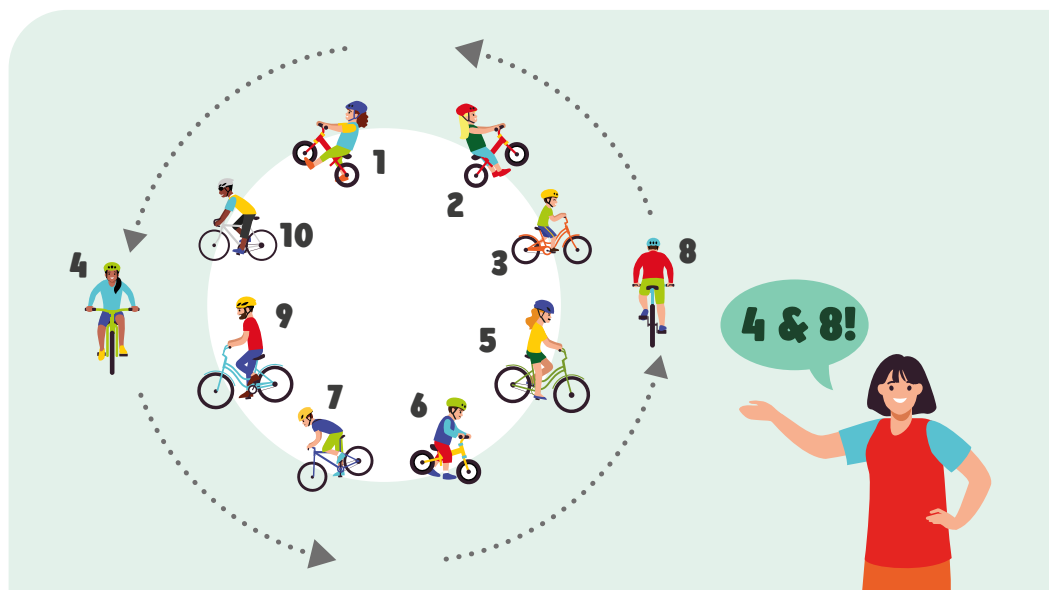
- The aim of the game is to make it back to the starting point first before the other rider.
- All riders face outwards on their bikes in a large circle.
- Assign numbers to all riders.
- The coach acts as “The Caller” and calls out two numbers.
- The two riders whose numbers are called must cycle their bikes around the circle in the designated direction and then stopping, at their starting point.
- The first rider to make it back to their starting point safely is “The Winner”.

## EQUIPMENT

- Bikes or balance bikes
- Cones

## ADAPPTIONS

- Riders to start by standing beside their bike on the left-hand side, when numbers are called, they need to mount their bike, cycle around the circle, back to starting point and dismount.
- Cycle both clockwise and anti-clockwise directions.
- Have more than two riders in action at the same time.



## COACHING TIPS

- Riders foot position ready in the 2 O'clock position.
- Riders to cover brakes and to be ready to stop.



# Rob the Bank

## HOW TO PLAY

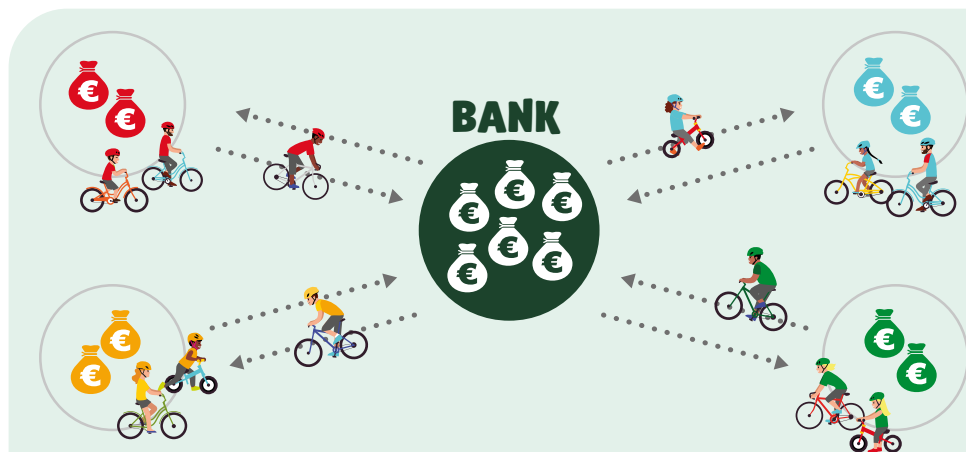
- The aim of the games is to rob the most bags of money from the bank.
- Set up the bank (Hula Hoop) in the middle of the playing area and place all money (Bean Bags) in the bank.
- Divide all the riders into four equal groups.
- Riders line up on their bikes behind the four safes (Hula Hoops) in each corner.
- When the coach says "Go", the first rider cycles to the bank, stops and dismounts their bike to rob a bag of money.
- The rider then mounts their bike and cycles back to their team and places their money in the safe. Then the next rider takes their turn.
- Once all the money has been robbed from the bank, the team with the most money in their safe is the winning team.

## EQUIPMENT

- Bikes
- Cones or Chalk
- Hula Hoops x5
- Bean Bags x40

## ADAPPTIONS

- Once the middle bank is empty. Each team will then send one rider at a time to rob money from another team's safe and return it to their safe. The game continues for a set period of time.



## COACHING TIPS

- Mounting – Pull both brakes, swing your right leg over the saddle, kick your right pedal into the 2 O'clock position, realise your brakes and go.
- Dismounting – Pull brakes, stop, place your feet on the ground, swing your right leg over the saddle.

### HOW TO PLAY

- The aim of the game is for the cops to catch all the robbers and put them in jail.
- “The jail” represented by multiple cones will be placed at the opposite end of the playing area.
- The riders will be split into 2 teams.
  - Team 1 – cops (off bikes)
  - Team 2 – robbers (on bikes)
- Cops - their job is to tag the robbers and guard the jail.
- Robbers - their job is to not be caught by the cops and to save captured robbers with jailbreaks.
- Robbers who are tagged are expected to cycle to the jail by themselves, they do not need the cop to escort them.
- A jailbreak occurs when a robber (who has not been caught) touches a robber in jail and yells “Jailbreak!”. Cops may immediately tag any robbers after the jailbreak is initiated.
- If a jailbreak occurs, only those robbers who are in the jail are freed, any robbers who have been caught but are still cycling to the jail are not included in the jailbreak.
- With equal teams of cops and robbers, this game usually ends with the cops getting everyone in jail. Then play one more round where roles are reversed; those who were cops are now the robbers and the robbers are now the cops.

### EQUIPMENT

- Bikes or balance bikes
- Cones
- Bibs/hi-vis to identify cops or robbers

### ADAPTIONS

- Both teams are on bikes
- Set a time limit for each round
- Change the number of riders in each team



### COACHING TIPS

- Riders look in direction they are traveling.
- Riders to cover brakes and to be ready to stop.

# 16 X's and O's

## HOW TO PLAY

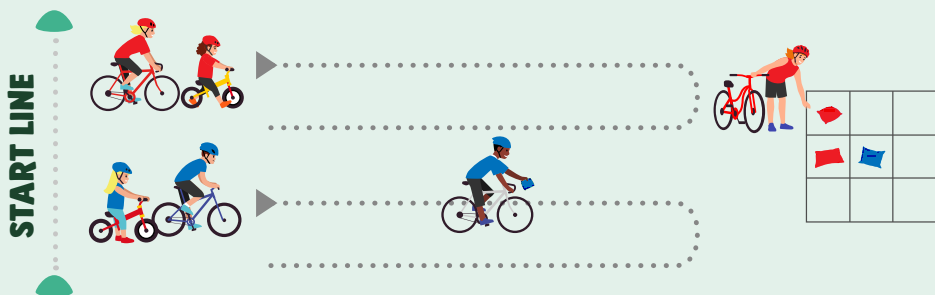
- The aim of the game is to get 3 bean bags of your team colour in a row within the grid. Horizontally, vertically, or diagonally.
- Draw a grid on the ground with chalk. 3 squares across and 3 squares down.
- Riders will be split into two teams and each team is assigned 3 of the same colour bean bags.
- Riders must line up on the start line in two single files opposite the Xs/Os grid.
- The first rider cycles to the grid, dismounts, places the bean bag down, mounts their bike and cycles back to tag the next rider.
- Riders take it in turns to place their 3 bean bags on the grid.
- When all bean bags are on the grid, riders then take turns moving one bean bag at a time to another space on the grid.
- "The Winners" will be the team who are the first to get 3 bean bags in a row.

## EQUIPMENT

- Bikes or balance bikes
- Chalk to draw grid
- Bean bags

## ADAPPTIONS

- Change from cycling in a straight line to cycling on a slalom to and from the grid.
- Increase the squares in the grid – 5x5
- Change the number of riders in each team



## COACHING TIPS

- Mounting – Pull both brakes, swing your right leg over the saddle, kick your right pedal into the 2 O'clock position, release your brakes and go.
- Dismounting – Pull brakes, stop, place your feet on the ground, swing your right leg over the saddle.
- Communication is key between team mates to ensure the bean bag places in the correct squares on the grid.



# Dodge Ball

## HOW TO PLAY

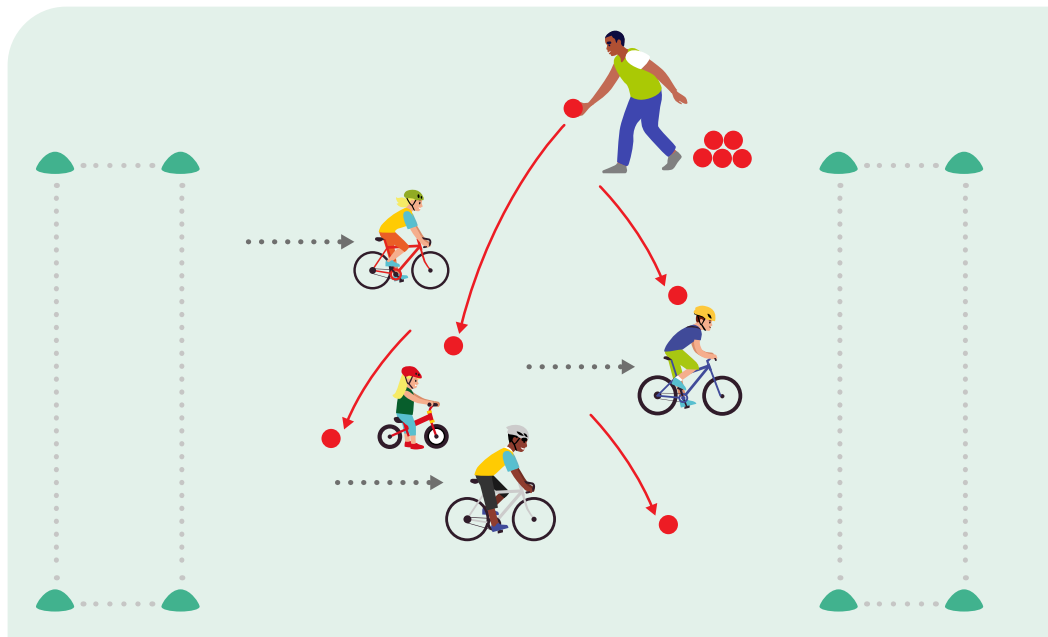
- The aim of the game is to tag riders with a ball until there is one rider left.
- The coach will roll the balls whilst the riders try to dodge them.
- Riders must cycle up and down the length of the playing area, if a rider is tagged either on their bike or leg they are eliminated.
- The winner is the last rider to be tagged.

## EQUIPMENT

- Bikes or balance bikes
- Balls – Tennis balls or soft balls

## ADAPPTIONS

- Add in additional ball throwers.
- Change the size of the playing area.
- Riders must avoid placing a foot down.



## COACHING TIPS

- Riders must look up and be observant of the ball throwers and other riders.
- Riders to cover brakes so they are ready to use them.

## HOW TO PLAY

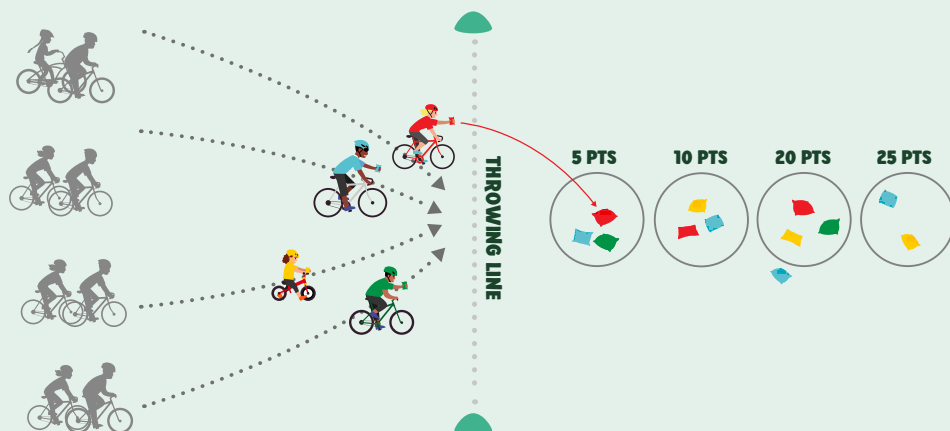
- The aim of the game is to score as many points by throwing as many bean bags in the hula hoops as possible.
- Place the hula hoops down at different distances in front of the throwing line.
- Hula hoops close to the throwing line give 5 points, midway 10 points..... Progress the points the further the hula hoops are away from the throwing line.
- Split the group into coloured teams with matching bean bags.
- Riders take turns cycling up to the throwing line and throw the bean bag into a hula hoop.
- Once all riders have taken a turn and all the bean bags are gone the game has finished.
- The winners are the team with the most points accumulated.

## EQUIPMENT

- Bikes
- Cones
- Hula Hoops
- Bean bags

## ADAPPTIONS

- Change the distance of the hula hoops.
- Change the throwing hand.
- Start with hula hoops and progress to a bucket making the area smaller.



## COACHING TIPS

- Practice throwing the bean bag standing.
- Practice freewheeling while throwing the bean bag.
- Practice throwing over and under arm to see what suits each rider.

**HOW TO PLAY**

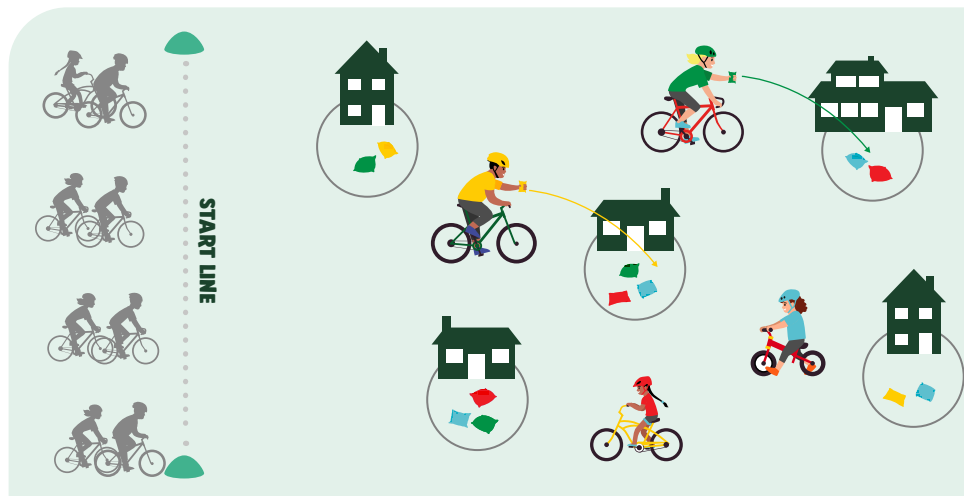
- The aim of the game is to be the fastest team to deliver their paper round.
- Divide the group into coloured teams with matching-coloured bean bags.
- Place the houses (hula hoops) around the playing area.
- Riders must cycle to a house and deliver their newspaper (place the bean bag in the hula hoop)
- Riders will return to the post depo and tag the next rider.
- “The Winner” is the team who delivers their paper round in the fastest time.

**EQUIPMENT**

- Bikes or balance bikes
- Bean bags
- Hula Hoops

**ADAPTIONS**

- Alternate using both hands – right hand for first game and left for second.
- Change the distance of where the houses are placed or increase the number of houses (hula hoops).
- Add cones so riders can cycle through a slalom to deliver their papers.

**COACHING TIPS**

- Freewheeling before throwing the bean bag will make it easier to keep your balance and aim.
- If rider is on a balance bike, ask them to stop before throwing their bean bag.

# 20 Bike Wars

## HOW TO PLAY

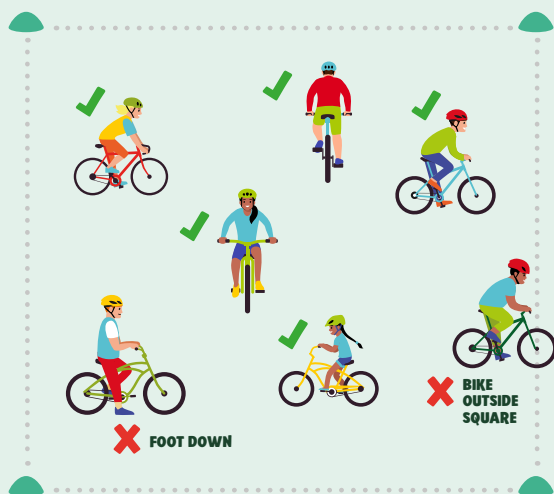
- The aim of the game is to be the last rider to stay inside the square and not put their foot down.
- Riders cycle inside the area in any direction.
- On coaches instruction riders try to use their bikes (non-contact) to force other riders to put their foot down on the ground.
- Riders will use combination of balance and coordination skills to stay on their bike.
- Once the rider puts their foot down the rider is out of the game.
- Decrease the size of the square every time a rider is eliminated by bringing each cone in a foot distance.
- Winner is the last rider standing.

## EQUIPMENT

- Bikes with pedals
- Cones x 4

## ADAPTIONS

- Change the size of the playing area.
- Put obstacles inside square (E.g., Cones; if a rider touches a cone they will be eliminated).



## COACHING TIPS



- Riders to cover brakes so they are ready to use them gently.
- Riders look in direction they are traveling.
- Small movements of the handlebars to keep the bike balanced.
- Riders use their brakes to slow down and a tip of the pedal to move forward.

