



Resources required:

- Pen and score cards for coach
- Cones x 20 small and x 5 large arranged as per diagram
- Bikes and helmets for participants

Instructions for coach:

- Bring the participants together. Deliver the instructions and objectives for this game. Ensure the participants have any questions answered before commencing.
- **Instruct the participants:**
 - to line up at the start seated on their bikes and in single file (see diagram)
 - from their sitting position on their bike at the start line, participants are to ride a straight line up through the cones, make a right hand turn around the cone beyond the end of the cone lines and ride back to a stop at the finish line
 - they are to complete the course individually, i.e. emphasise only one person to be riding on the course at a time
 - As each participant finishes riding the course the coach is to judge out of 10 points how well the exercise was completed. Two points given for each correct element as per points criteria.

Points:

1. Correct pedal position chosen to start riding – with left foot on ground, right foot on pedal at 2 or 3 o'clock. (2pts)
2. Participant is able to ride a straight line through centre of cones without knocking any over. (2pts)
3. Participant corners around turning cone successfully with inside pedal up or flat. (2pts)
4. Participant comes to controlled stop at finish line, using both sets of brakes simultaneously. (2pts)
5. Participant places left foot down first, as they stop. (2pts)



CONE GAME

