

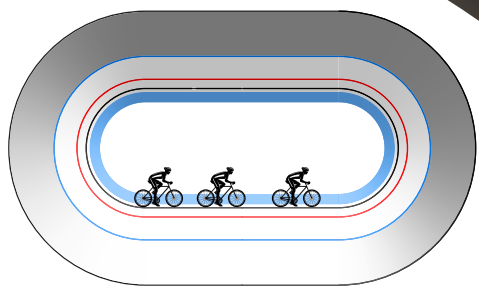


Holding a Line

Get Going

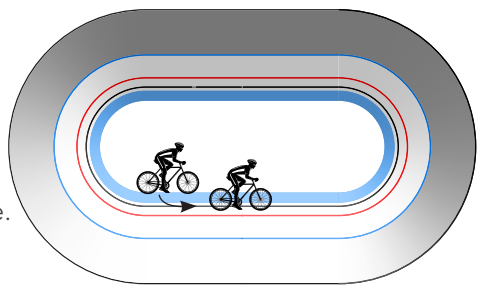
Activity One

- Start at the inside of the track.
- Move off as a group.
- Hold speed and gap.
- Look over right shoulder.
- Move up to Coat D' Azur.
- Look over left shoulder.
- Move back down.



Activity Two

- Start at the Coat D' Azur.
- Move off as a group.
- Hold speed and gap.
- Look over right shoulder.
- Move up onto the black line.
- Look over left shoulder.
- Move back down.
- Start moving up and down on the straights then add the full lap when confident.



Cone Game

Holding your line

