



Australian Government  
Australian Sports Commission

EASY MED HARD



# Ride a course

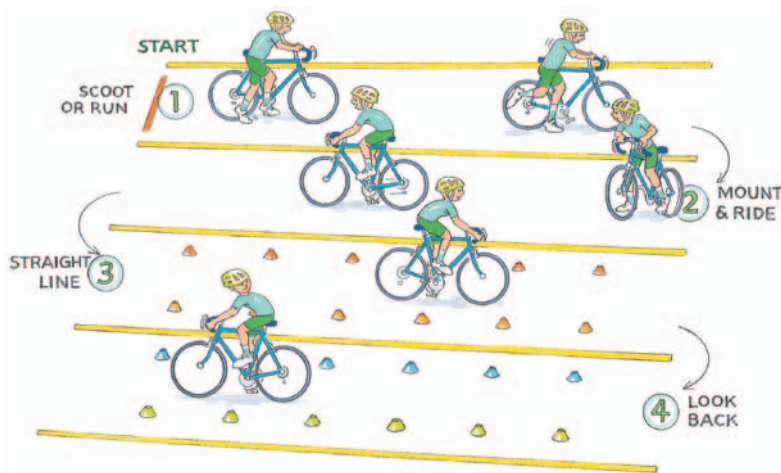
Players move through a course, completing each activity on their bikes. (Play with 8 – 30).

## What you need

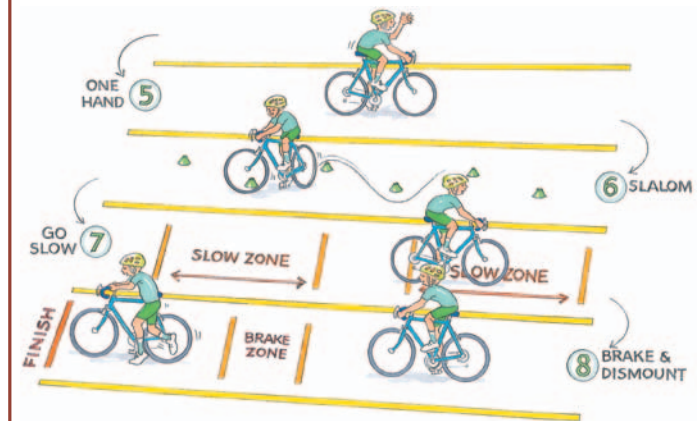
- > Any flat-surfaced area (e.g. large hall, tennis/netball courts, empty car park, oval).
- > Marker cones.
- > 1 bike and bike helmet per player.
- > Hair covers (if helmets are borrowed).

## What to do

- > Use marker cones to define the playing area and to set up the different activities.
- > Players move through the course, completing each activity on their bikes.
- > Activities to include:
  1. **Scooting/running zone:** Scoot or run with bike to end of zone (players should be mounted or mount their bike at the end of this zone).
  2. **Mount bike and start riding.**
  3. **Straight line riding zone:** Pass through markers (30–60cm wide tunnel) without knocking any over.
  4. **Look back zone:** Look back at least twice in between zone markers.



5. **One-handed riding zone:** Travel with just one hand on the bars.
6. **Slalom (Zigzag):** Ride through the slalom cones.
7. **Slow riding zone:** Ride in a slow straight line, staying in the marked zone for a specified time before exiting.
8. **Braking, dismounting, running zone:** Brake in the designated zone, dismount and then run with bike past the finish line.



SESSION PLANS

Combo > Start Out MV 18 + Get Into It MVV 18 + Get Into It MV 20

### LESSON LINK

Ride a course helps assess and develop bike handling skills.

## change it...

**Coaching**

- > Complete the course as a relay.
- > Change the activities.

**Area**

- > Set up shorter, identical courses side by side.

**Safety**

- > Ensure the playing area (size, surface, terrain) is appropriate for the ability level of all players.
- > Ensure the playing area is obstacle free and away from walls.
- > Ensure there is sufficient space between players.
- > Players must wear helmets and shoes during the activity.
- > Players should perform a basic bike check before every ride:
  - Brakes (do they work?)



- Stem and handlebars (are they tight? do the ends of the handlebars have plugs in them?)
- Seat (make sure it doesn't turn or tilt)
- Chain, pedals, gears (do they change safely?)
- Wheels (do they spin freely?)
- Tyres (do they have enough air?)
- Does the bike fit correctly? (e.g. seat height, reach for handle bars, brakes, etc).

**ASK THE PLAYERS**

- > What do you need to do to keep in a straight line?
- > What do you need to do to ride one-handed safely?
- > How far can you look back safely?
- > What do you need to do to brake and dismount safely?