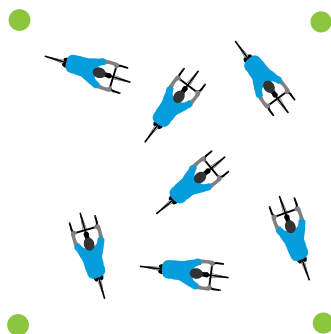


# BIKE WARS



**EQUIPMENT:** Set of marking cones.

**ACTIVITY:** Riders ride 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. Winner is the last rider standing.



**PROGRESSION  
OR VARIATION:**

Reduce the size of the area to force riders to use greater bike handling skills to negotiate the area and other riders. Allow limited amount of contact, riders could use their elbows or shoulders to force riders off their bike. Keep amount of contact limited, riders not allowed to crash into other riders and have to keep hands on handlebars at all times.