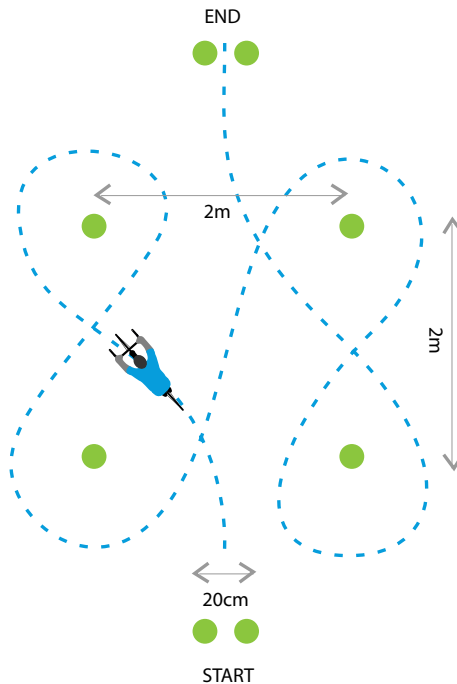


BOX EIGHT



EQUIPMENT: Set of marking cones.

ACTIVITY: Box figure of eight. Riders line up at the start and ride around the sequence of cones as outlined below.

**PROGRESSION**

OR VARIATION: Vary the space between the cones. Can be done with or without time keeping. Can be done individually or in teams (relays).