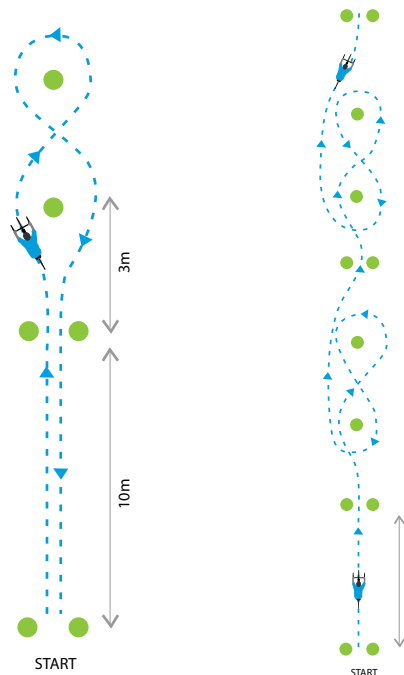




# FIGURE OF EIGHT

**EQUIPMENT:** Set of marking cones.

**ACTIVITY:** Figure of eight and double 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).