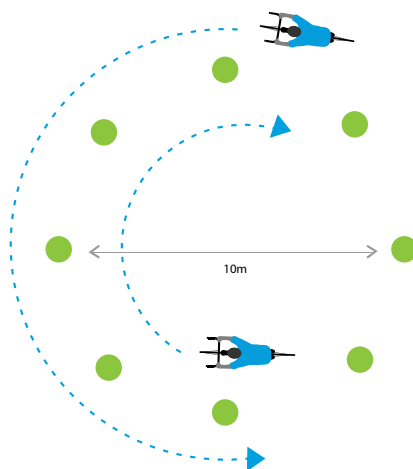


## HIGH FIVE



**EQUIPMENT:** Set of marking cones.

**ACTIVITY:** Set out circle of cones 10m in diameter. Half of the group ride around the circle, close to the cones in a clockwise direction, the other half ride inside the circle in the opposite direction. On coaches instruction riders high five and low five each other as they pass. On coaches instruction, maintaining the same direction get inner and outer riders to swap positions, repeat drill.



**PROGRESSION  
OR VARIATION:**

Add complexity to the instructions, for example, inner riders to tap the helmet of the outer riders as they pass, tap once, twice and three times. Riders could pass and receive an object such as a glove or bottle to each other as they pass each other.