COACHING ACTIVITY CARD

OUT & BACK

CODE/DISCIPLINE:

✓ STAGE 1
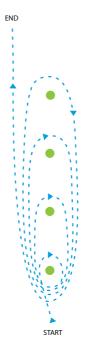STAGE 2
STAGE 3
STAGE 4

EQUIPMENT: Set of marking cones.

ACTIVITY: Repeated straight line cone. Riders line up at the start and ride out to each cone (starting with the closest first) and upon reaching it turn back to the first cone and then out to the next cone.

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).

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