

# BRAKING



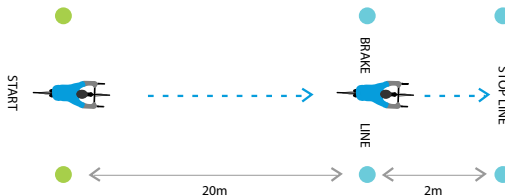
## AIM:

Demonstrate a basic understanding of Braking and recognise appropriate characteristics of braking technique such as: feathering or pulling both brakes at the same time, slight shift in body weight to apply more pressure through the rear tyre, riding with both brakes covered at all times, etc.

**EQUIPMENT:** Coloured marking cones.

**SET UP:** Set up a 20m long channel with a braking line marked out in chalk or using different coloured cones.

**ACTIVITY:** Set out a simple braking lane. Progressively building speed and braking from a seated and standing position work through: back brake only, front brake only and both brakes. Brake from different positions on the bars.



## COACHING TIPS: BRAKING

- Head up, looking forward, stay seated, brakes covered apply both brakes evenly.
- For emergency stop as you brake, push back with your arms, shift your hips backwards until they are over the saddle.
- On poor surfaces, keep bike upright and brake cautiously (feather), approach slow. Remember the front brake is more efficient than back.