

CORNERING



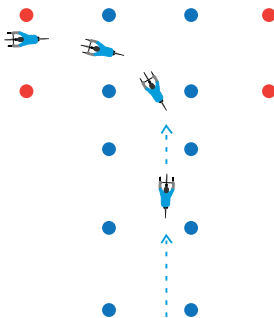
AIM:

Demonstrate a basic understanding of cornering and recognise appropriate characteristics of cornering technique such as: inside pedal up, looking through corner, etc.

EQUIPMENT: Coloured marking cones.

SET UP: Set up using a shallow corner.

ACTIVITY: Using a shallow corner, riders to practice best line, through the corner. Practice both left and right corners.



Riders to identify where they are braking, mark with coloured cones. Get riders to brake before corner at the different cones, discuss where is best for them.

Increase speed a little and encourage riders to lean bike into corner, returning to upright on exit.

COACHING TIPS: CORNERING

- Hands covering the brakes.
- Look ahead to exit of corner, eyes level.
- Freewheel when cornering. Inside pedal up while pointing the knee into the corner. Apply some additional pressure on the outside pedal.
- Avoid braking in the corner. Applying the brakes whilst cornering makes the bike stand up and therefore unable to make as tight a turn.
- Bend elbows, keep low centre of gravity in corners.
- On exiting the corner bring bike upright again and accelerate out of the corner.