

# GROUP RIDING



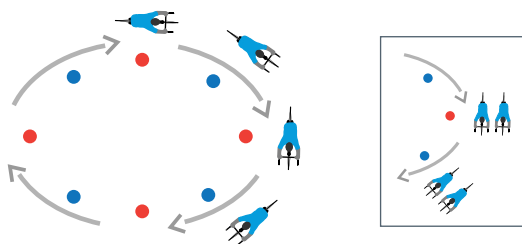
## AIM:

Rider can demonstrate a basic understanding of group cycling and recognise appropriate characteristics of group cycling technique such as: riding in front of, riding beside and riding surrounded by other riders.

**EQUIPMENT:** Coloured marking cones.

**SET UP:** Set up a large circle or oval.

**ACTIVITY:** Ask each rider to start at a marker. All to set off together and try to stay the same, 1 marker, distance away from wheel in front. As confidence grows reduce the distance between riders, bike length, wheel, etc. Ask riders to pair up side by side at a marker on the circle. Repeat the exercise above, pair to stay close to each other. If confident reduce the gap between riders, increase to 3 abreast.



## COACHING TIPS: GROUP RIDING

- Look at seat post of bike in front of you to maintain gap.
- Cover brakes but avoid sudden braking.
- Choose a gear you can pedal easily.
- Communicate with your pair/group.
- Look forward when riding side by side.
- Speed up/slow down gradually to keep group together.
- Anticipate changes in the groups speed, react by changing pedalling not braking where possible.