



CHANGING HAND POSITION

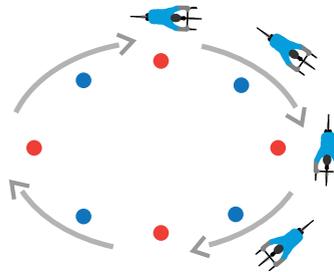
AIM:

Riders will be able to change hand position on bars and understand why they might use different positions.

EQUIPMENT: Coloured marking cones.

SET UP: Set up a large circle or oval.

ACTIVITY: Using an oval/circle rider practice moving hand position on the bars. Start with hands on the hoods move to drops, to bars, back to hoods.



To progress, relay race using a simple straight up and return. Each rider must perform 3 complete position sequences (hoods, drops, bar) before next team member can go. Winning team first to finish.

COACHING TIPS: **CHANGING HAND POSITION**

- Head up and look forward.
- Move one hand at a time.
- Cover brakes when possible.
- Shift body weight as needed to balance when moving hands.