

## LIMBO

**AIM:**

Develop good bike control. Learning to lean the bike and create awareness about body position and movement around the bike.

**EQUIPMENT:**

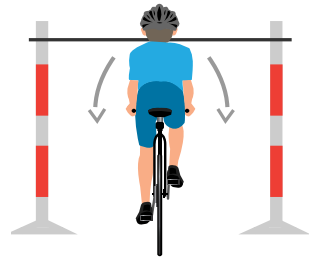
Limbo Set (2 upright poles | a cross bar | clip to mount the cross bar).

**SET UP:**

Make sure the approach to and exit from the limbo is clear. Make sure riders gives the rider in front plenty of room to complete their turn.

**ACTIVITY:**

Rider rides under the cross bar leaning the bike or manipulates their body position on the bike in order to pass underneath the cross bar without knocking it off. Progressively lower the crossbar to introduce more difficulty into the skill.

**COACHING TIPS:****LIMBO**

Encourage riders to experiment by moving their body around the bike, for example: bring their rear back behind the saddle, tilt the bike to one side and lean their body away, swing their leg over the back wheel and crouch down while standing on the pedal. Encourage riders to look ahead and not at the crossbar. Maintain good bike and speed control during the activity.