

LOOKING BEHIND



AIM:

Riders will be able to demonstrate the ability to look over the left and right shoulder whilst maintaining control of the bicycle.

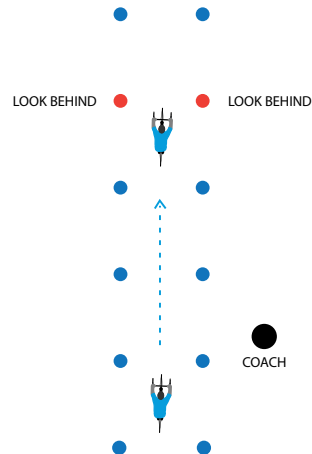
EQUIPMENT: Coloured marking cones.

SET UP: Set up a channel, about 15m long and ½m wide.

ACTIVITY:

Riders ride a ½ metre wide channel, looking back at an identified point without deviating from the channel.

Coach will show coloured cones or a number of fingers for the riders to identify. Progress by making channel narrower.



COACHING TIPS: LOOKING BEHIND

- 2 hands on bars, keep straight line.
- Rest chin on shoulder to look behind
- Soften opposite arm and allow elbow to drop to help keep bars straight.