

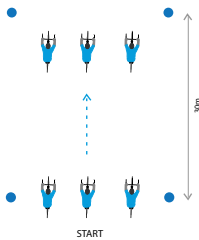
**AIM:**

Riders can demonstrate a basic understanding of pedalling and recognise appropriate characteristics of pedalling technique such as: ball of the foot on the pedal, knees close to top tube but not touching, push the pedal throughout the full range of movement, etc.

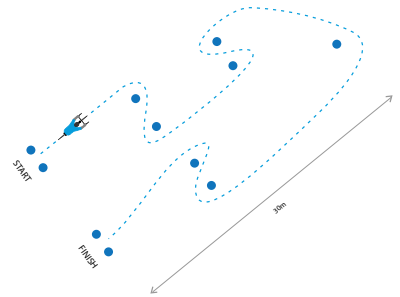
EQUIPMENT: Coloured marking cones.

SET UP: Prepared channel about 30m in length or a prepared circuit.

ACTIVITY: Riders to pedal with just toes on the pedals for a few laps. Riders to pedal with just heels on the pedals. Riders to place feet correctly on the pedals.



Have a race in the lowest gear followed by highest gear. Riders to self-select a gear that feels most comfortable and compare selections. Race again turn into a relay.

**COACHING TIPS:****PEDALLING**

- Place ball of the foot directly over the axle of the pedal and toes are pointing forward.
- Pedal with a smooth, continuous circular action. Maintain an even pressure through the whole circle.
- Keep body still and avoid stamping on the pedals particularly during downward stroke.
- Keep knees close to the top tube but not touching.
- Keep torso strong and look ahead in the line of travel.
- Rocking Head and Shoulders means too high a gear.

PEDALLING - STANDING

- When standing up do not weave with the bike, maintain a straight line.