

# RIDING ONE HANDED



## AIM:

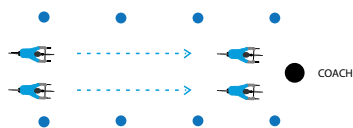
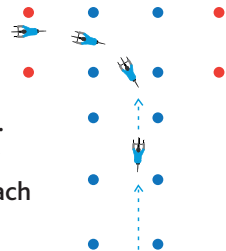
Riders will be able to demonstrate riding the Bike whilst riding with one hand off the handlebars.

**EQUIPMENT:** Coloured marking cones.

**SET UP:** Set up a channel, about 30m long with narrow channels or straight lines marked out.

**ACTIVITY:** Riders in 2 lines one behind another. Coach stands between the lines and high/low 5 as riders pass. Riders to practice using left and right sides. To progress Riders make minor clothing or helmet adjustments.

Rider sets off as above, now signal left and right. When ready include looking back for safety before signalling, riders must maintain a straight line.



Progress riders to T Shape. Riders follow one another around the T and signal each turn as appropriate.

## COACHING TIPS: RIDING ONE HANDED

- Cover brakes, upright body position, carefully lift hand off bar.
- Look ahead to maintain straight line.
- When riding one handed keep strong hold on bars with other hand.
- When lifting hand, shift weight a little to that side to avoid drifting off straight line.