

# TRACK STAND



## AIM:

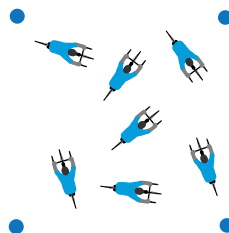
Develop good bike control. Learning perform Stationary Balance or Track Stand.

**EQUIPMENT:** Coloured marking cones.

**SET UP:** Set Up a 5m square using marking cones.

**ACTIVITY:** Once confident on doing a track stand coaches can take riders to a flat piece of ground marking out a 5m area.

Riders ride towards the marked area before trying to stop for as long as possible inside it without putting their feet down. The rider that stays in the area for the longest without coming off the bike wins.



## COACHING TIPS: TRACK STAND

- Bike is placed across the slope with the front wheel turned upslope.
- Attack position with the upslope foot forward and a little higher than the horizontal.
- Weight is forward with the rider's eye line above the front axle.
- Arms are straight, not locked out, brakes are covered.
- Rider is looking a few metres ahead.
- Avoid or minimise the use of brakes.

## PROGRESSIONS FOR TRACK STAND

- Track stand on flat terrain. This will fine tune balance skills.
- Use the brakes to track stand in a downhill situation.