



GRASS TRACK RACE

Resources required:

- Pen and score cards for coach
- Cones x 15-20 arranged as per the diagram supplied
- Bikes and helmets for participants
- Stopwatch

Instructions for coach:

- Bring participants together to deliver instructions and objectives for this game and advise scoring criteria. Ensure the participants have any questions answered before commencing.
- Inform the participants:
 - to form groups of six sitting on their bikes lined up on the start line (as per diagram).
 - the objective is for individuals to ride around the outside of the cone track as fast as they can for two laps. The first rider back across the finish line on the second lap wins the Grass Track Race.
- If time allows, re-run the race with individual or team variations. Or for example try a 'Tortoise and Hare' race, to ensure a closer, exciting finish for all riders.
 - Line riders up at the start line and send each rider off with a 1-2 second gap. Start with the slowest rider first, leave a time gap, then start the next slowest rider, leave a time gap, and so on. The fastest rider starts last and has to chase down the rest of the field to the finish line.
- Coach to mark and allocate a score on each participant's score card for where they finish in the race.

Points:

- 1pt for coming 6th
- 2pts for coming 5th
- 3pts for coming 4th
- 4pts for coming 3rd
- 5pts for coming 2nd
- 6pts for coming 1st



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START

FINISH

