

TRACK CARD

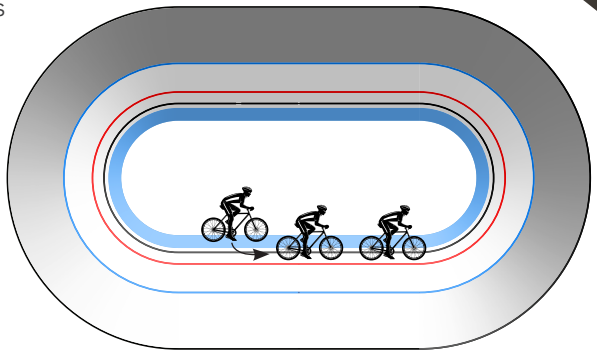
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Riding in a Group

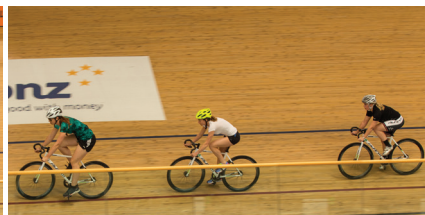
Lapping Off

Activity

- Riding in small groups (3-6 riders) maintain a constant speed and line.
- Front rider checks over right shoulder and moves above the red line.
- Remaining riders continue along the black line and move underneath.
- Rider looks over left shoulder and joins onto the back of the group.



Activity continues until all riders have lapped off the front and re-joined.

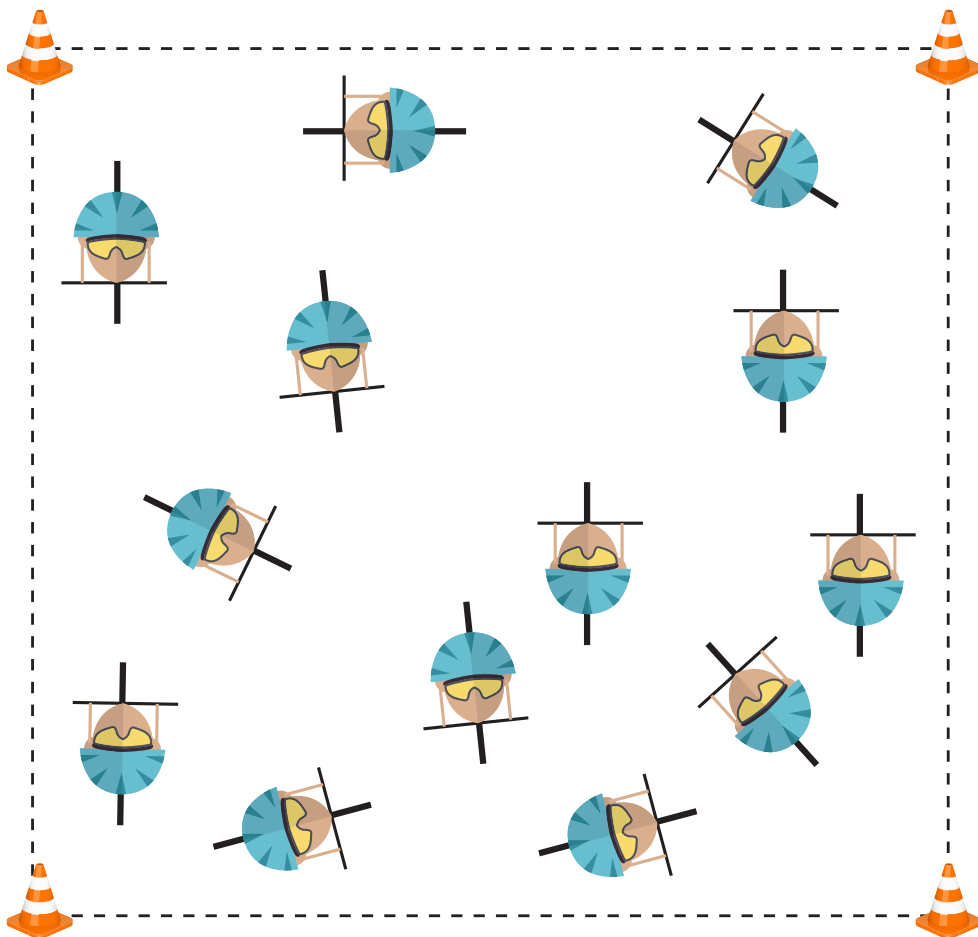


Box Game

Riding in a group

Keep riding around in the square for as long as possible without putting a foot down. If you put your foot down, you then wait outside the square.

As more people get out, reduce the size of the square.



COACH