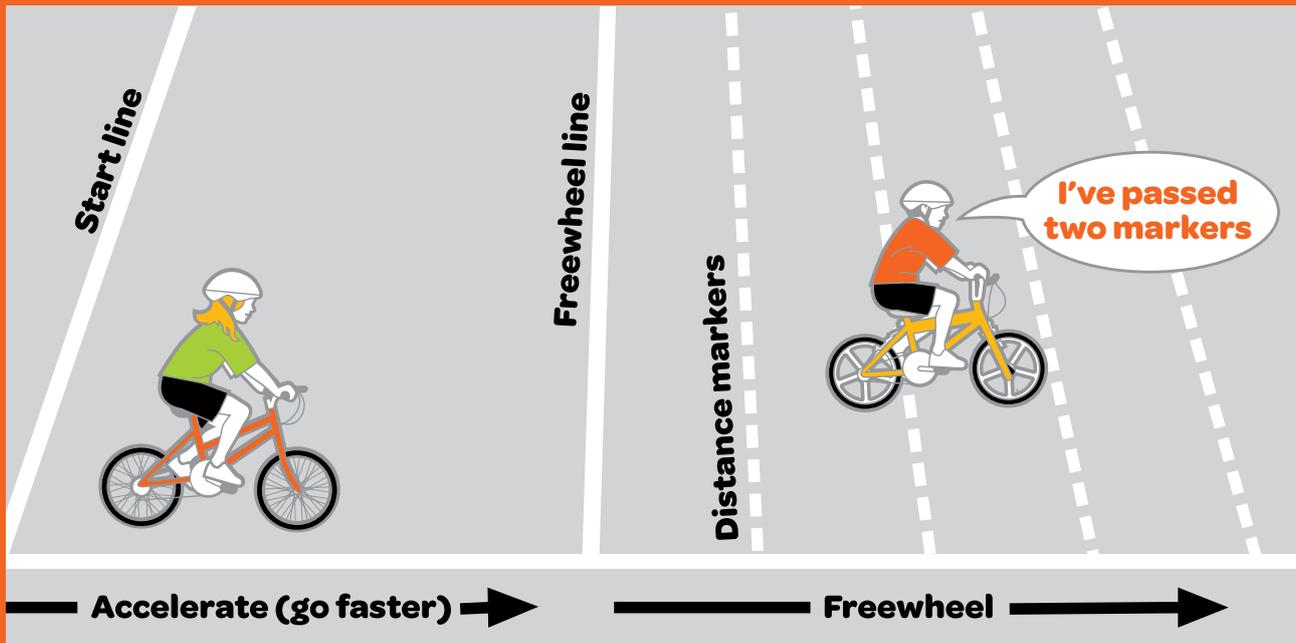


Session 5: Slow speed control

This session aims to develop the slow speed balance and control skills that are an essential preparation for road cycling.



Session learning outcomes:

By the end of this session, children will have practised:

- ⇒ riding slowly with balance and control.
- ⇒ riding in lanes.
- ⇒ freewheeling.

Safety notes:

- ⇒ The course should be wide enough to avoid contact.

Session content:

Freewheel:

- ⇒ Set up the freewheel course as illustrated.
- ⇒ Experiment with the course layout particularly if there is a slope.
- ⇒ Riders set off and accelerate up to the freewheel line.
- ⇒ Riders count how many markers they pass while freewheeling.

Enhancement activities:

To make the activity easier:

- ⇒ allow time for practice before using the courses.
- ⇒ make the acceleration zone longer.
- ⇒ bring the distance markers closer.
- ⇒ make the course slightly downhill.

To make the activity harder:

- ⇒ reduce the length of the acceleration zone.
- ⇒ see how far riders can go with just one or two pedal turns.

Other ideas:

- ⇒ Try either sitting or standing.
- ⇒ Have a competitive knockout session.



Slow race:

- ⇒ Set up the slow race course as illustrated.
- ⇒ Get everyone to line up with his or her front wheel on the line.
- ⇒ When you say "GO", everyone MUST start.
- ⇒ Riders should ride in a straight line, as slowly as possible towards the finish.
- ⇒ Any rider who puts a foot down is OUT.
- ⇒ The last person across the line wins.

Enhancement activities:

To make the activity easier:

- ⇒ allow time for practise before using the course.
- ⇒ allow riders to put a foot down a set number of times.

To make the activity harder:

- ⇒ reduce the number of times the riders can put their feet down.
- ⇒ make the slow race downhill or uphill.
- ⇒ use lanes. Riders must not stray from their lane.

Other ideas:

- ⇒ Try either sitting or standing.
- ⇒ Ride one-handed.
- ⇒ Switch from the use of brakes allowed to not allowed.

Training notes:

- ⇒ Brake and pedal at the same time. This helps riders to keep their balance.
- ⇒ Put bikes into easiest (lowest) gear.
- ⇒ Refer children to the 'Going Slowly' section of the Cyclist's Guide.
- ⇒ Encourage children to practise these skills.

Resources required:

- ⇒ Markers/sports cones.
- ⇒ Playground chalk (optional).

Training Tips

- ⇒ Try to go as slowly as you can without putting your foot down.
- ⇒ When you get really good, you should be able to do it using your brakes and pedals to control your speed.

