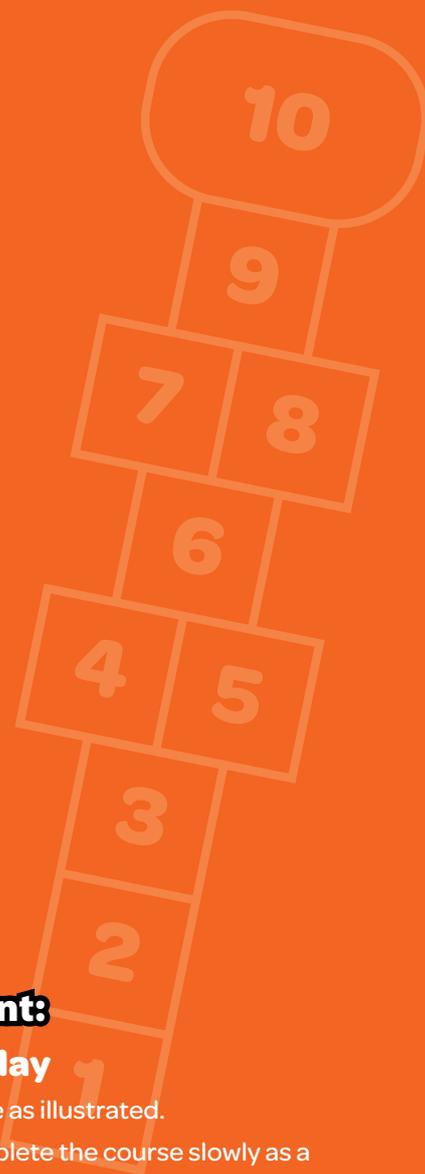


# Session 8: Cornering



The aim of this session is to teach children to steer round objects both slowly and at speed.



## Session learning outcomes:

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

- ⇒ steering round objects both slowly and quickly.
- ⇒ co-ordinating braking, steering and balance.

## Safety notes:

- ⇒ To avoid collisions leave at least two bike lengths between adjoining courses.
- ⇒ The next rider must not start until the previous rider has crossed the finish line.
- ⇒ Arrange the courses so that riders turn away from each other at the end of the course.

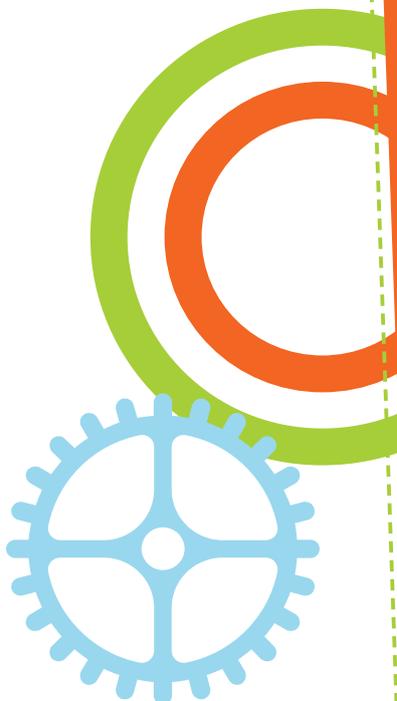
## Session content:

### Figure-of-8 relay

- ⇒ Set out the course as illustrated.
- ⇒ Get riders to complete the course slowly as a practice run.
- ⇒ Run a relay race.

### Circles

- ⇒ Set out the course as illustrated.
- ⇒ Riders take turns to ride a full circle round each cone.
- ⇒ Ride safely back in a straight line to their team.



### Enhancement activities:

To make the activity easier:

- ⇒ allow riders to put their feet down if necessary.
- ⇒ increase the spacing between the markers.
- ⇒ reduce the number of markers (circles).

To make the activity harder:

- ⇒ decrease the spacing between markers.
- ⇒ add more markers (figure-of-8 relay).
- ⇒ ride the course in the opposite direction.
- ⇒ ride one-handed.

### Other ideas:

- ⇒ Run both activities as one-against-one races rather than relays.
- ⇒ Other riders can act as starters, judges, etc.
- ⇒ Introduce more lanes (circles drill) to allow more practice time.
- ⇒ Allow riders to make their own suggestions.

### Training notes:

- ⇒ Start riders slowly. Let them increase speed as they gain confidence.
- ⇒ If riders start to lose their balance, it is OK for them to put a foot down.
- ⇒ Get riders to practise turning both ways even if they feel more comfortable turning one way rather than the other.
- ⇒ Explain why this is important.
- ⇒ Refer children to the 'Cornering' section of the Cyclist's Guide.
- ⇒ Encourage children to practise these skills.

Over the course of the session try to ensure the riders have shown that they can:

- make the bike go where they want.
- manoeuvre safely to avoid objects.

### RESOURCES REQUIRED:

- ⇒ Markers/sports cones, preferably a variety of colours.



- ⇒ **Use your brakes to control your speed before the corner.**
- ⇒ **Lean your bike INTO the corner.**
- ⇒ **Keep looking ahead to where you are going, not directly at the marker.**