



TRI RIDERS

Lesson Ideas: Balance and Coordination

Skills and Techniques

Tri Riders will learn to:

- Walk and run with their bikes under control.
- Select appropriate gears and 'feel' the difference in gears.
- Brake and steer safely and effectively.
- Ride in close proximity to other riders.
- Work as a team!

Technique Guide

- When holding the saddle of the bike with one hand, run tall and use other arm for balance – look forward.
- Control speed – squeeze brakes, don't snatch!
- Riding with one hand – other hand covers brakes and steers gently!
- Ride up to the side of other riders to 'high 5' or catch a foxes 'tail' – side by side.
- If legs getting tired 'pace' yourself and use easy 'gears'.
- Look forward and be aware of other riders.

Think about:

(these can also be used in a quiz)

- What do we mean by the easiest gear? When your chain is sitting on the smallest 'chain ring' on the front and biggest cog/sprocket on the back wheel 'cassette'.
- When would you use your hardest gear? Downhill or road surface.
- When would you need to push your bike in a triathlon? In the Transition area (where your bike and run kit is).
- What is the benefit of holding the bike by the saddle when not riding? One arm is free for balance – easier to observe others and find where your bike is.
- When would you need to take your hand off your bike? Drinks bottle, signalling and wiping your face of sweat!

What to do – before the session

Equipment

Markers and cones, bibs, stop watch, pens/clipboard and whistle.

Venue

Flat-grassed surface – e.g. inside of 200m track.

Safety

Ensure riders go through bike, helmet and clothing. Check the markers (boundary) are far enough away from trees, bins etc. Tri Riders rest 2 fingers over both brakes (cover brakes) at all times ready to control speed and stop safely when needed. Ensure bibs (tails) are not too long – may get caught in wheels!

Organisation

Set out an oval area (ideally on grass).

What to do – during the session

1. Bike Push (5min)

Pupils to start off walking next to the bikes holding the handlebars, any direction, then in to an easy jog – follow my leader! How many chain rings has your bike got? What gear is appropriate for this terrain? Continue follow my leader on bikes using appropriate gears.

2. High 5's (5min)

Pupils on bikes (easy gears) can high 5 everyone in the group including coaches and non-riders.

3. Buddies (5-10min)

Pupils on bikes link up - one hand on buddies' shoulder/back.

4. Fox & Hounds (15-20min) – on bikes

- Divide the groups into 2 teams – Foxes and Hounds.
- Foxes use bibs for 'tails' – tuck them into waist of trousers or shorts. Must be at the side not front or back!
- Foxes start by cycling inside the oval. Hounds start outside.
- The hounds can be encouraged to howl and growl. Release the 'hounds' to chase the foxes inside the oval to retrieve the tails.
- Tails should be given to the teacher or non-riders.
- Once caught you become a hound.

Differentiation

Easier:

1. Raise hand a few inches off handle bar then touch helmet.
2. Hold hands, arms instead of shoulders.
3. Use a smaller area.

Harder:

1. Push bike with one hand in middle of handle bars (stem) then try the saddle. Both sides of bike.
2. Try other hand or pass a drinks bottle!
3. 2's, 3's & 4's how many in a line!?
4. Use a smaller area. Time each team. Good riders select a really easy gear.

Including others:

Non-riders can join in with high 5's, collect bibs and be positioned around oval encouraging others. Hold hands and walk with those who are wobbly when one handed on their bikes.

Top Tips:

Encourage your Tri Riders (pupils) to go through a bike, helmet and clothing check while you set the oval course out. Activities can be used as one lesson or as a warm up and developed in to relays, slaloms and fun games for other sessions. See useful links below.

Further useful links:

Junior Triathlon Bike Training

Choosing the correct sized bike helmet

thelittlebikecompany.co.uk

Basic bike maintenance

thelittlebikecompany.co.uk

Basic bike check, crucial before any ride out be it a social ride or a race.

Triathlon bike options – beginners to serious competitors

thelittlebikecompany.co.uk

Where to start with triathlon bikes and something a little bit more serious

thelittlebikecompany.co.uk

More detailed look at Moda bikes with video footage of it in action

Cycle clothing

thelittlebikecompany.co.uk

