



Session Plan Template

Developing basic bike skills

Date:	Attendance: Trystars – Juniors – Novices	Equipment needed: Bike Hemet Cones
Venue: Smooth grass oval		
Duration: 1 hr		

Introduction (aims for session, reminders, etc.) Develop Bike skills by being relaxed but alert. Soft hands /slightly bent arms / looking ahead not down too much.

Warm-up activities: Couple of laps around oval to get used to grass surface	Drills and games: A : 1. Set cones up 10 mtrs apart – they ride weaving thru 2. Reduce distance to 7 mtrs apart 3. Reduce distance to 5 mtrs apart 4. Reduce distance to 3 mtrs apart 5. Ride thru one handed when fully mastered all of above (relaxed and balancing – no stiff arms) NOTE : Some may not yet be quite ready for this last drill B: 1. Set cones out in a long spaced line and see if they can pick up whilst riding slowly past and then put it down again TIP: Bend alittle at the waist before getting to a cone	Cool-down activities: NIL
Coaching tips/questions/challenges: These drills are all about developing balance on a bike		Class management/energisers: With the cone pickups have a couple walk thru without bikes picking up and putting down

Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) :