



Australian Government
Australian Sports Commission



Go slow and stop and go

Players aim to ride a course as slowly as they can without putting their feet on the ground.

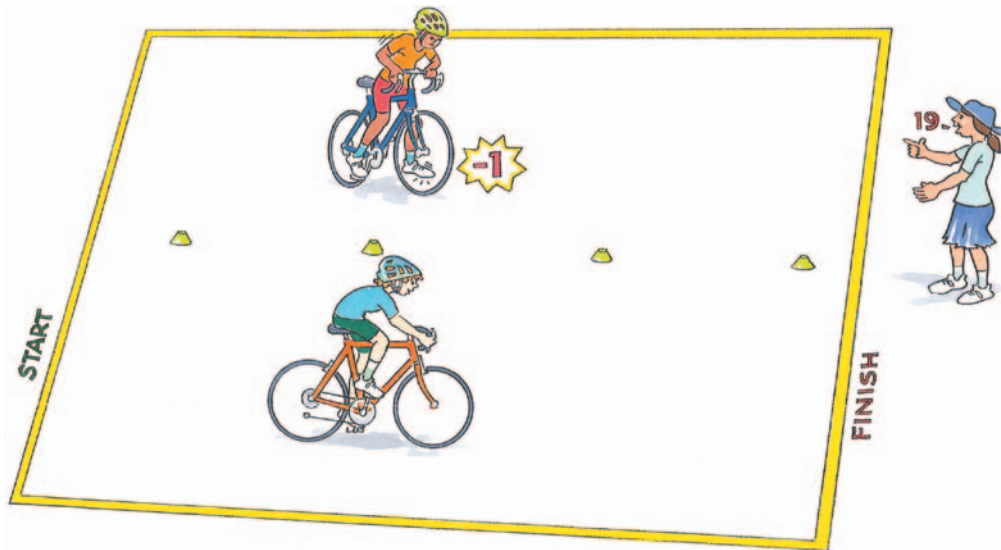
What you need

- > Any flat-surfaced area (e.g. large hall, tennis/netball courts, oval).
- > 4 marker cones.
- > 1 bike and 1 bike helmet per player.
- > 1 hair cover per player (if helmets are borrowed).

What to do

- > Use marker cones to define playing area and separate start and finish lines.
- > Evenly space the players along the start line.

- > On 'GO!' players ride as slowly as possible towards the finish line.
- > When riding slowly, players should stay seated; hold handlebars where they have the most control (wide position); and keep upper body relaxed and eyes focused ahead (don't look down).
- > Players count the number of times their feet touch the ground.
- > Players continue on after each stop and try to be the last across the finish line, with the highest score.



Scoring

- > Each player is given 20 points to begin and they subtract 1 point from their score each time their feet touch the ground.

LESSON LINK:

Go slow and stop and go is an activity that introduces bike-handling skills, balance, coordination and concentration on a bike.

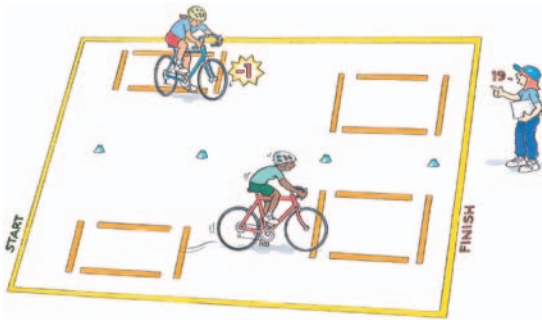
Go slow and stop and go

Skills > Basic bike skills

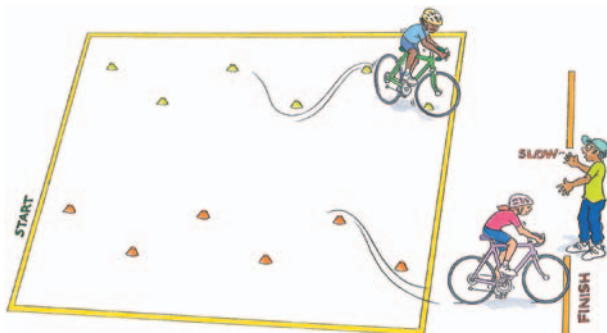
change it...

Game Rules

- > **Stop and Go:** Riding at a speed called by the coach (start with 'Slow' progressing to 'Medium' or 'Fast' if skill level suits) around the course, players practise other bike handling skills:
 - **Braking:** Mark out a series of different sized boxes on the ground. Riders have to use brakes to stop inside each box.



- **Balance and foot position:** Zigzag riding around cones.



Area

- > Vary the size of the playing area and travel distance according to participant ability.

Coaching

- > On the word 'Freeze' participants stop their bike and try to keep their feet on the pedals.

Safety

- > Ensure the playing area (size, surface, terrain) is appropriate for the ability level of all participants.
- > Ensure the playing area is obstacle free and away from walls.
- > Ensure there is sufficient space between participants.
- > Participants must wear helmets and shoes during the activity.

- > Players should perform a basic bike check before every ride:
 - Brakes (do they work?)
 - Stem and handlebars (are they tight? do the ends of the handlebars have plugs in them?)
 - Seat (make sure it doesn't turn or tilt)
 - Chain, pedals, gears (do they change safely?)
 - Wheels (do they spin freely?)
 - Tyres (do they have enough air?)
 - Does the bike fit correctly? (e.g. seat height, reach for handle bars, brakes, etc).



ASK THE PARTICIPANTS

- > What is the best way to stay balanced when going slow ?
- > What position should your starting pedal be in?