

EASTLANDS SPRINT SCHOOL OFF TRACK ACTIVITIES

SKILLS

Funnels:

- **Riders to ride in pairs side by side through a funnel**
- **The funnel starts big and gets smaller and smaller until riders lean on each other to get through**

Sumo:

- **Riders to ride in a circle that gradually is reduced in size, riders who put a foot down on the floor are out**
- **The winner is the last remaining rider not to have put a foot down**
- **No pushing riders**

Limbo:

- **Riders to ride under a limbo bar that is reduced in height until we have a winner**

Rollers:

- **Two riders at a time will be called in from the skills session for a 500m race**

START TIME G3= 10.00 G4= 11.15 G1= 1.30 G2 =2.45