

Useful Skills- Pushing & Scooting

Skills and Techniques

Riders should learn how to:

- Walk and scoot with the bike under control

Technique Guide:

- start slowly and gradually increase your speed.
- as you get more confident try changing direction
- when cornering, place yourself on the *right* side of the bike to turn *right* and the *left* side of the bike to turn *left*.
- always keep both hands on the handlebars.
- when pushing your bike, be careful not to catch your legs on the pedals.
- when scooting put your outside foot on the pedal and use your inside leg to push the bike along.
- when pushing with the saddle, hold and balance the bike using the saddle

Think About:

- which side did you find it easiest to push or scoot from?
- When might it be easier to push or scoot than to ride?
- which side of the bike should you push from on the road?

What To Do

Organisation

Mark out a number of courses of varying difficulty. Keep some extra markers to one side in order to extend the course as the riders' skills improve.

Ride Guide

Pushing: Riders should push bikes from the beginning to the end of the course in a straight line and then try going in and out of the markers. As riders get more confident get them to try different ways of pushing, from the left or the right side of the bike, increasing their speed to a jog.

Scooting: Riders should scoot straight from the first side to the last marker and then in and out of cones. Mix up both pushing and scooting activities to add variety for the riders.

Equipment

Markers and cones.

Venue

Flat area.

Safety

Keep markers wide apart at first. Allow adequate time between riders to avoid collision.

Changes

Easier:

- reduce the number of markers.
- make the gap between the markers larger.

Harder:

- keep one hand on the bars and one on the saddle.
- scoot and glide as far as possible.
- set up relays for an individual or team competition.

Non-Riders

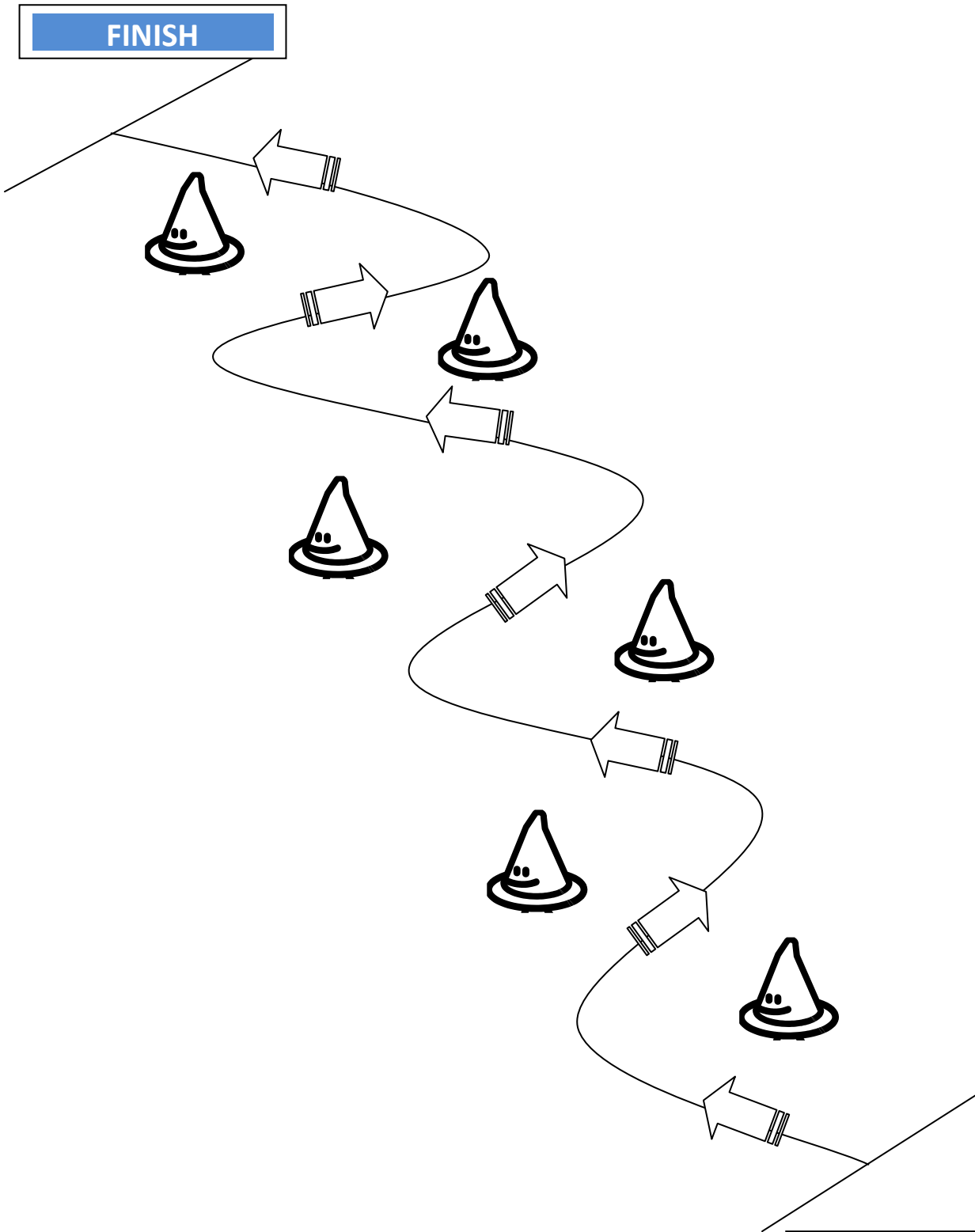
can be:

- starters
- judges or
- time-keepers

Refer to diagram on page 2.



FINISH



START

