



BOTTLE ZONE

Resources required:

- Pen and score cards for coach
- Stopwatch
- Cones x 3-10, x 1 box and x 1 bottle all set out as per diagram
- Bikes and helmets for participants

Instructions for coach:

- Bring participants together. Deliver the instructions and objectives for this game and advise scoring criteria. Ensure the participants have any questions answered before commencing.
- Inform the participants:
 - to line up, sitting on their bikes and in single file, at the start line (as per the diagram).
 - Individuals are to ride the course as fast as they can up to and around the cone and back to the finish. On their way up to the cone they must pick up the drink bottle from the box and deposit it again on their way back to the finish. Each participant's time is to be recorded.
- Coach to allocate and write points on participant's score card based on completion of game objectives, including bonus points awarded to the fastest finisher.

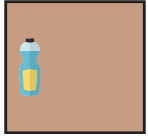
Points:

- 1pt for riding course but missing pickup of the bottle or dropping the bottle.
- 5pts for riding course, successful pick up and put down of bottle.
- 10pts for riding course the fastest with successful pick up and put down of the bottle.





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COACH

