GAME 7 CARD

SLALOM TIME TRIAL
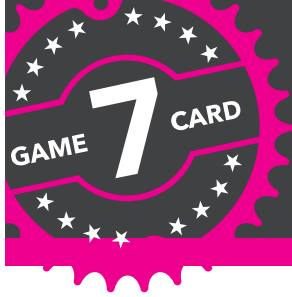
Resources required:

- Pen and score cards for coach
- Stopwatch
- Cones x 7-10 set out as per diagram supplied
- Bikes and helmets for participants
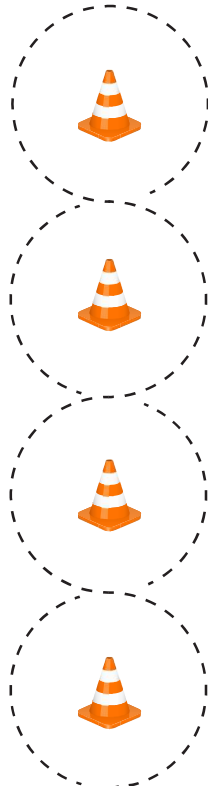
Instructions for coach:

- 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 below)
  - that they are to complete the slalom cone course individually, i.e. emphasise only one person to be riding on the course at a time
  - individuals to ride down the course, weaving in and out of the cones, corner around the final cone and return weaving back in an out of the cones to the finish
- Coach to record participant's times and allocate a score on their score card corresponding to where they placed in the race.

Points:

1pt for coming 6th

2pts for coming 5th

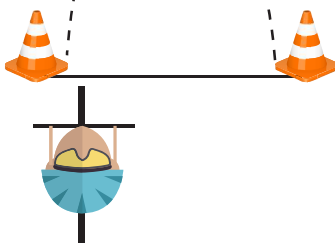3pts for coming 4th

4pts for coming 3rd

5pts for coming 2nd

6pts for coming 1st

CYCLING NEW ZEALAND

SLALOM TIME TRIAL

START

FINISH

COACH

CYCLING
NEW ZEALAND