



# BOOST YOUR CHILD'S CYCLING SKILLS

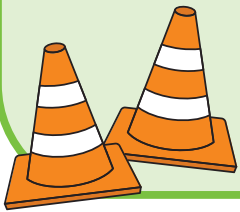
Once your child has mastered balancing and pedalling a bike, it's the perfect time to encourage them to take on new challenges.

Here's a list of skills to try...

## ★ Changing direction and turning ★

### What you will need

- ★ Chalk, cones, or small logs
- ★ Create a makeshift obstacle using the items above



### Aim of the game

- ★ Encourage riders to navigate around the course, focusing on steering and cornering skills
- ★ Designate specific spots on the course for riders to come to a halt, practising controlled and precise stopping

### Level up

- ★ Adapt the course to promote subtle steering and smooth cornering
- ★ Include elements that require riders to glance over their shoulders, helping them learn to monitor their surroundings and anticipate turns

## ★ Balance Beam ★

### What you will need

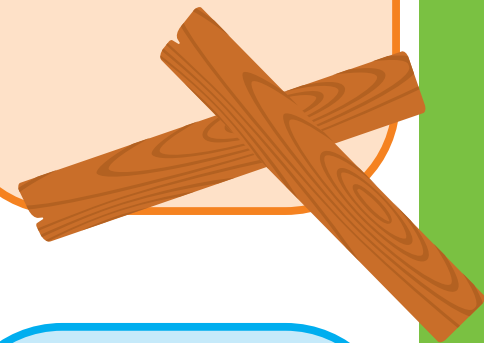
- ★ 2x6 or 2x8 wood planks about 10 feet long
- ★ On a grassy surface, lay the wooden planks out ensuring there is enough space around the planks to manoeuvre safely

### Aim of the game

- ★ Have your child practice pulling up on the handlebar, quickly pedalling, and lifting the front wheel onto the board
- ★ Encourage your child to ride the length of the board. The aim is to stay on top of the board until they reach the end

### Level up

- ★ As this gets easier, swap to a narrower piece of wood, or add another board at the end to double the distance



## ★ Staying on Track ★

### What you will need

- ★ Chalk or tape/string
- ★ Draw some lines on the ground using the chalk or lay tape/string on the floor to create two parallel lines on the ground

### Aim of the game

- ★ Get your child to ride through the lines without touching the sides, helping them learn how to control the direction of the bike

### Level up

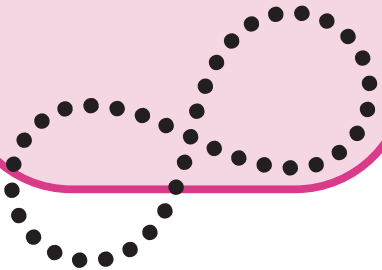
- ★ You can keep a bleeper and make it entertaining by pressing it each time they touch the lines
- ★ As they get more confident you can move the lines closer together to make the space smaller



## ★ Slalom ★

### What you will need

- ★ Bottles or cones (football cones are fine)
- ★ Create a large figure of eight that will direct the bike around the path



### Aim of the game

- ★ Get you child to navigate around the figure of eight. This is a great way for kids to learn core bike handling skills

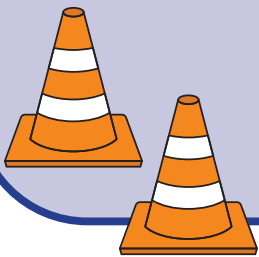
### Level up

- ★ When you see their confidence increase, then it's time to reduce the circuit size a little
- ★ Make it really fun and set a timer and make it challenging each time and reward them at the end

## ★ Cone Cornering ★

### What you will need

- ★ Bottles or cones (football cones are fine)



### Aim of the game

- ★ Have your child pass by a row of four to five cones each placed about eight feet apart
- ★ Encourage your child to stop pedalling and free-wheel, braking before the corner, and then accelerate out if safe

### Level up

- ★ As your child improves their cornering, encourage them to go faster, or move the cones out of a straight line so that they are staggered, and they have to turn more to get around each cone

## ★ Riding with one hand ★

### What you will need

- ★ Nothing

### Aim of the game

- ★ While your child is riding, ask them to briefly lift one hand off the handlebar and then put it back
- ★ Gradually increasing the time their hand is off the handlebar

### Level up

- ★ Once comfortable, practice riding longer distances with one hand
- ★ Practice riding with their other hand

# HAPPY CYCLING



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