

## VELODROME GAMES

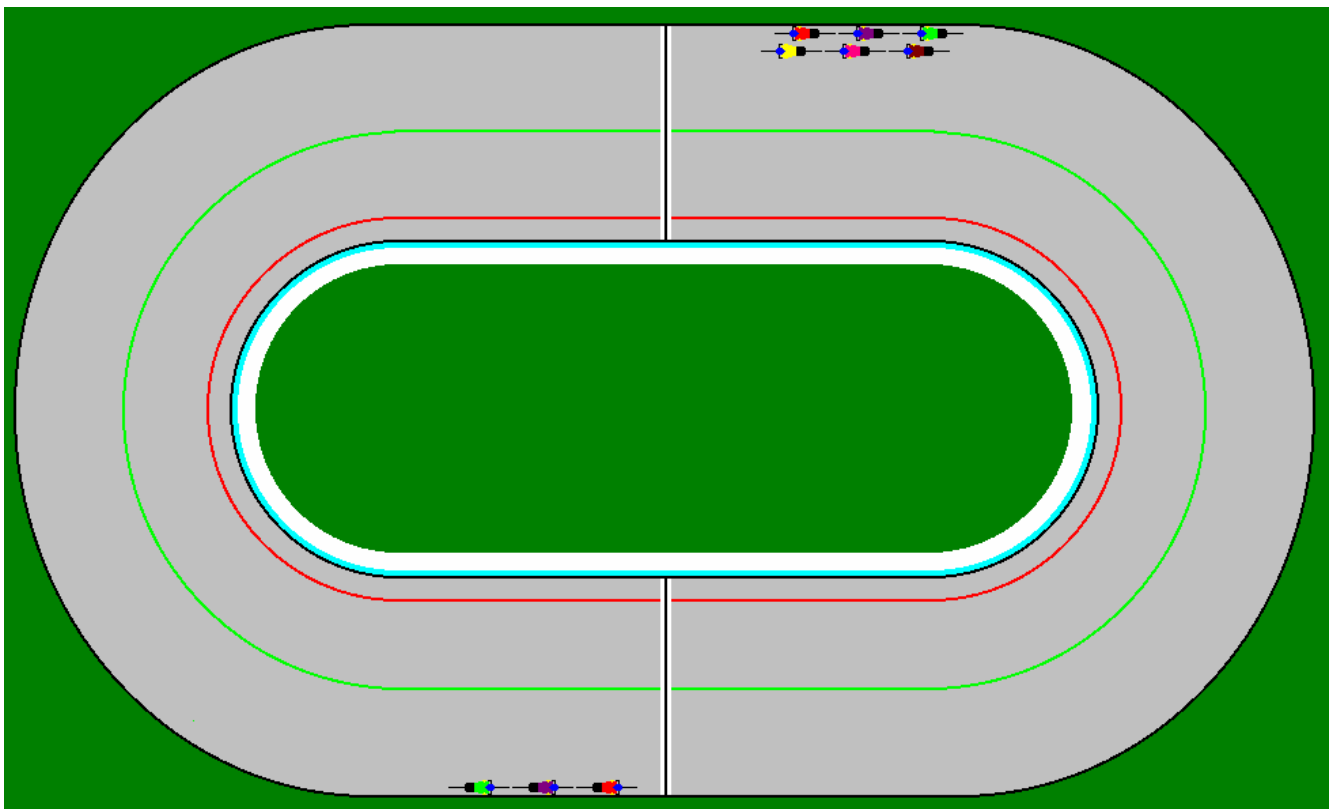
### BOUNCING OFF THE WALL

Minimum number of participants: 2

Materials needed: A velodrome with a wall or continuously smooth surfaced railing running around at the top edge of the banking and an old t-shirt. The riders do not need track racing bicycles, but should have bicycles with dropped handle bars.

Instructions: Inspect the wall or railing for any hazards such as rough edges or splinters. This drill cannot be done on a track with a chain link fence or ropes around it. Begin this drill by having the rider walk through it first to understand what is expected and avoid possible crashing. Have the riders pedal around in the stayer's lane in pairs side by side and gradually moving up the banking until they get up to the wall or railing. Be sure the riders hands are on the drops. As the upper rider gets close to the surface of the wall, have them extend their right hand until it makes contact with the wall or railing. When the rider feels comfortable touching the wall or rail with their hand, have them stick their elbow out until it makes contact with the surface of the wall or railing. Once contact is made, have the rider move closer to the wall until their shoulder touches the surface. They then proceed for as long as possible. The goal is to keep contact with the wall for as long as possible. Once they are able to do this single file, have the riders pedal next to each other or form two lines side by side.

Object of this drill: There is probably no one who has raced on a velodrome that has not been trapped up against the top of the banking. Riders in this position are unable to respond to attacks or easily remove themselves unless they are not intimidated by the wall or railing. By building the rider's confidence in their ability to deal with this immovable object, you will improve their chances of escaping attempts at blocking them in.



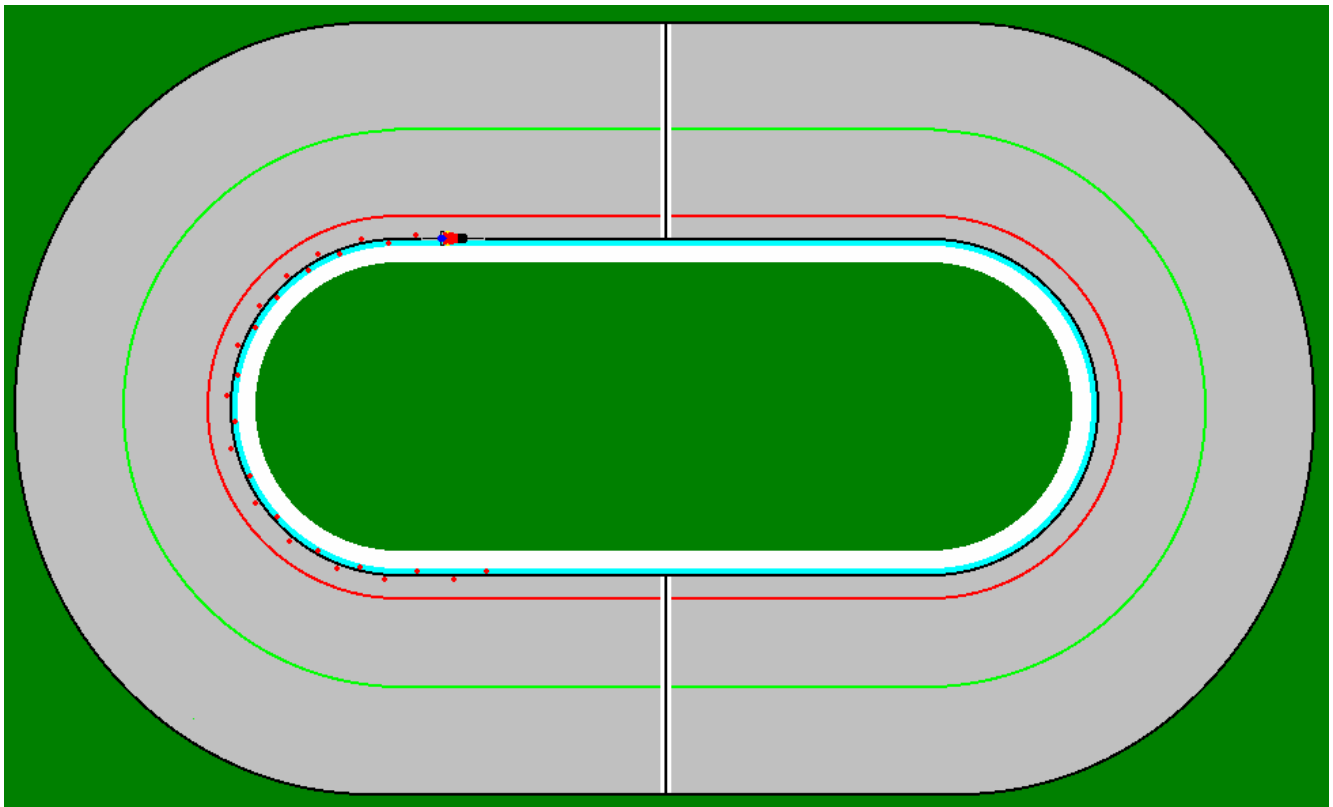
## RIDE BETWEEN THE TENNIS BALLS

Minimum number of participants: 1

Materials needed: A velodrome and a dozen or more tennis balls cut in half.

Instructions: Begin this drill by having the rider walk through it first to understand what is expected and avoid possible crashing. Place the half tennis balls along either side of the black line at the bottom of the velodrome all the way through one set of turns. Have the rider circle the track right on the black line at the bottom of the track. The rider attempts to ride through the entire set of turns without hitting any of the half tennis balls. With each lap the rider increases the speed. If the drill is being done by more than one rider, then the goal should be to stay as close together as possible and not hit any of the half tennis balls. It may help the riders to keep their hands relaxed as possible and simply push against the inside of the drops. As if they were trying to push the handlebars away from them.

Object of this drill: Every event on a velodrome requires the riders to move as smoothly and predictably as possible. In individual events such as the kilometer, pursuit or time trial, keeping in a straight line at the bottom of the track is essential for a good performance.



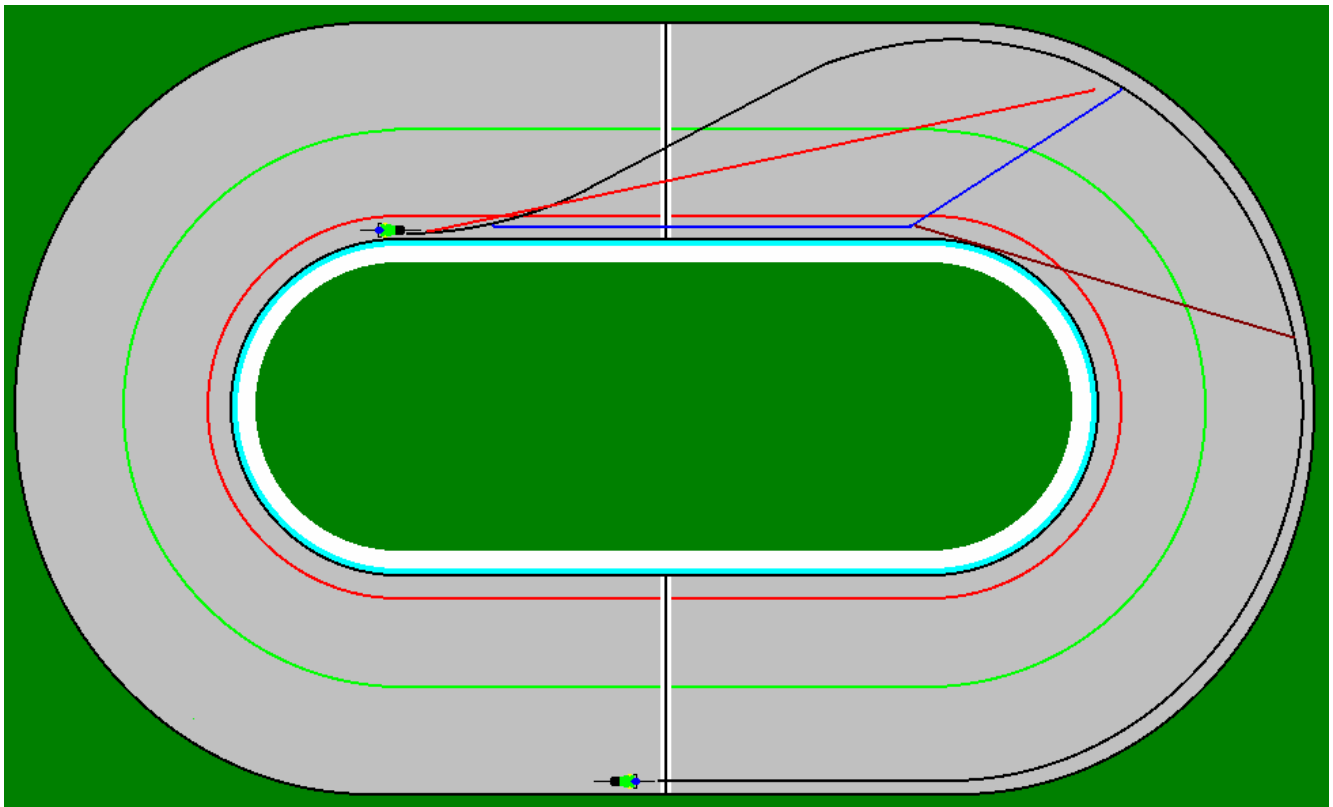
## DROPPING OFF THE BANKING

Minimum number of participants: 1

Materials needed: A velodrome.

Instructions: Begin this drill by having the rider walk through it first to understand what is expected and avoid possible crashing. Have the rider circle the track and gradually move toward the outside of the track and the top of the banking. As they proceed around the track, point out where the various distance markings are on the track. Pick a point in the turn where the rider will begin dropping smoothly and gradually down the banking toward the bottom of the track. Let the rider try various points and speeds to become familiar with how the track feels at different places. Have the rider begin dropping down the track while remaining seated. Once they show competence for correct technique, have them practice standing on the pedals and increasing their speed as they descend. Continue with this drill until the rider can reach maximum speed on their descent. Then have them practice slowing down at each point to develop better control.

Object of this drill: Many events on the track require using the banking to help acceleration. During mass start events, a rider may use the descent off the banking to launch an attack. The smoother the riders can perform this drill, the better their race performance will be. The more places the rider can use the banking, the more versatile they become.



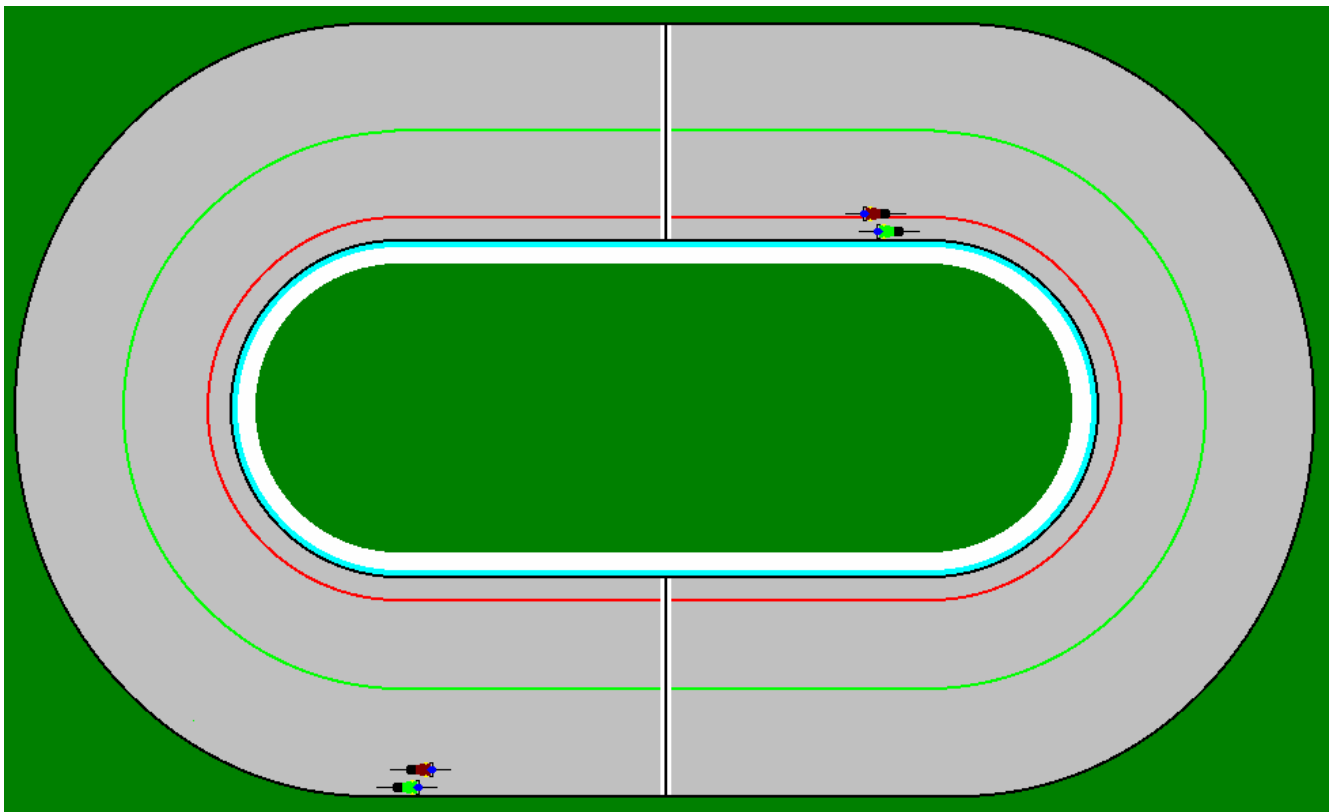
## TRACK STAND DERBY

Minimum number of participants: 2

Materials needed: A flat, paved surface such as a parking lot, a driveway or a velodrome.

Instructions: Begin this drill by having the riders walk through it first to understand what is expected and avoid possible crashing. If the riders are using road bikes, they will probably have to use their brakes to hold them in place. If they are using track bikes, they simply use pressure on the pedals in either direction to hold their position. The riders mount their bikes and ride up to a predetermined spot such as the starting line. The riders then come to a stop and attempt to perform a track stand. Rocking on the bike, pedaling back and forth or hopping the back wheel are some of the techniques used by riders to keep the bike upright without moving very much. The goal is to be the rider who can stay upright and stationary the longest.

Object of this drill: Except for specific events like the Match Sprint, few riders will ever in a position to need to do a track stand either on the velodrome or on the road. The idea here is to learn a skill that will help to build confidence in the rider and their ability to handle a bike.



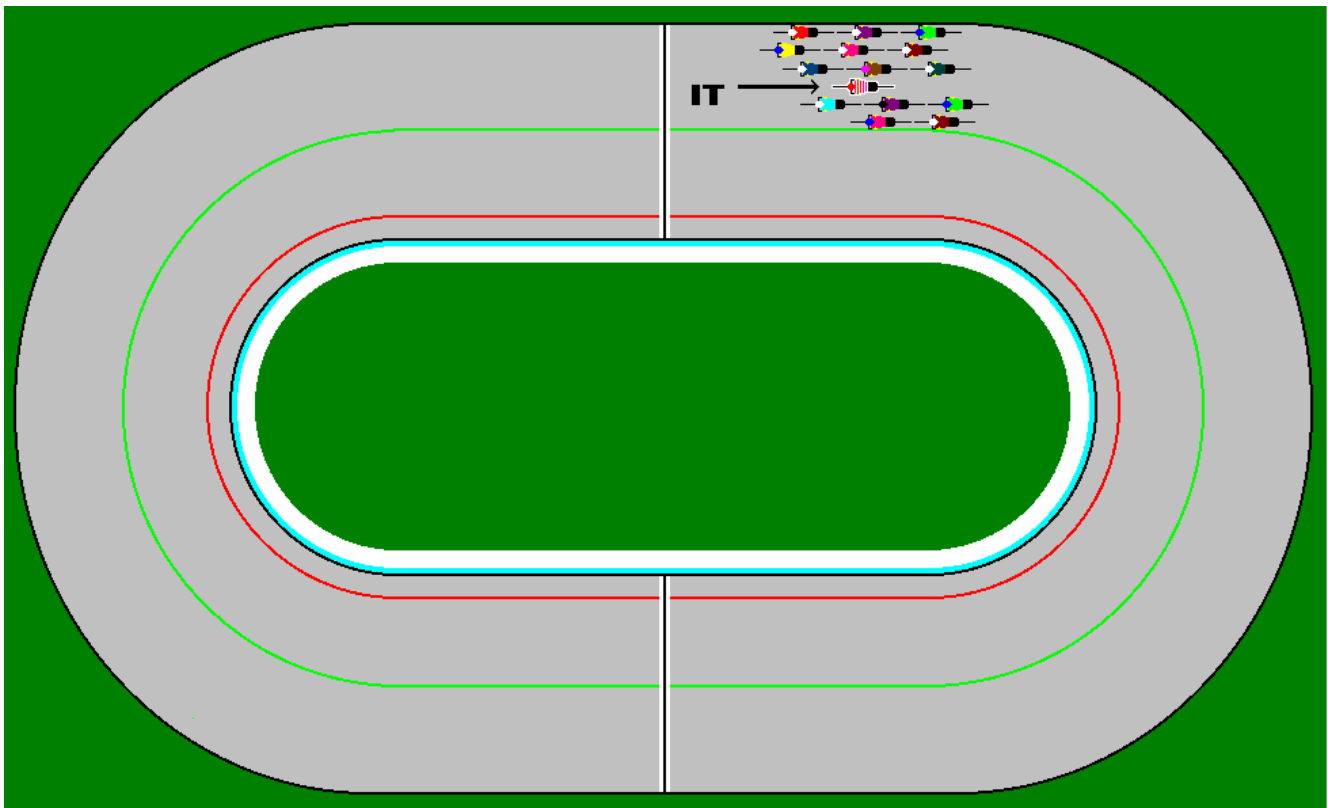
## VELODROME TAG

Minimum number of participants: 6

Materials needed: A velodrome and a group of riders all on the same type of bicycle.

Instructions: Begin this drill by having the riders walk through it first to understand what is expected and avoid possible crashing. This game plays out just like the regular game of tag everyone played as a child. The only difference is that the players are all on bicycles and cannot go anywhere, but the paved surface of the velodrome. The rider who is IT cannot retag the person who tagged them, but must chase down someone else. The game goes on for as long as the riders want.

Object of this drill: Sometimes during races on the velodrome it may become necessary to pursue a specific rider in order to stay in the race. Points races and Miss and Out races constantly require this kind of cat and mouse drill. The more the riders practice this, the better they will be in competition.



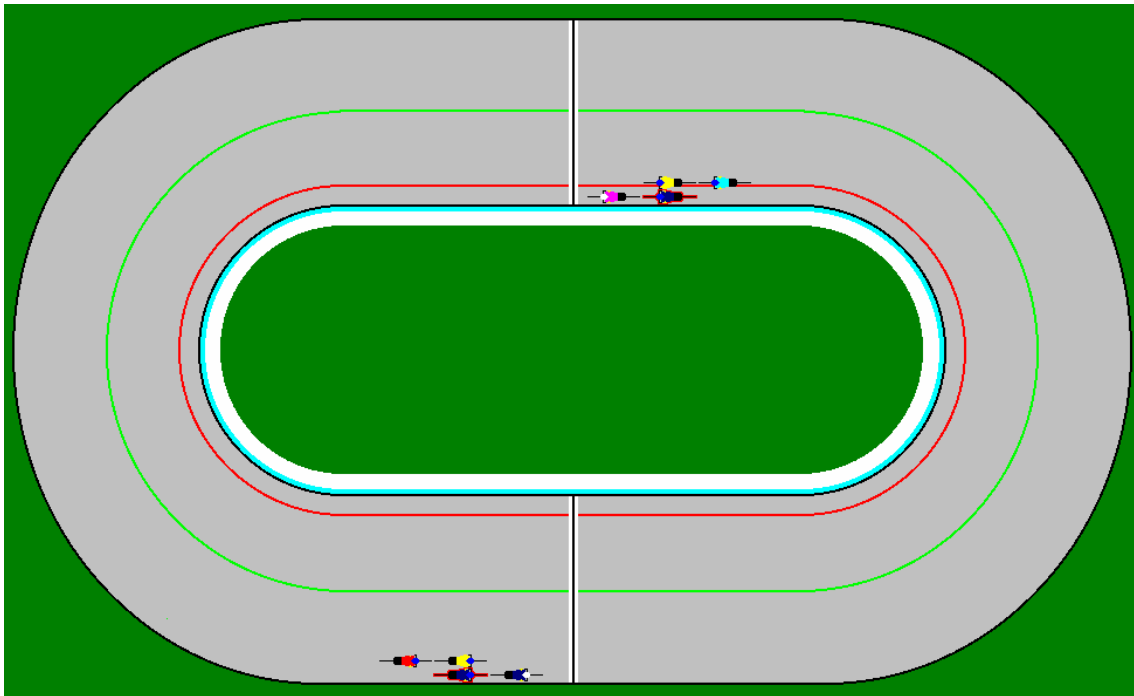
## BOXING IN A RIDER

Minimum number of participants: 4

Materials needed: A velodrome and a group of riders all on the same type of bicycle.

Instructions: Begin this drill by having the riders walk through it first to understand what is expected and avoid possible crashing. Group the riders fairly close and begin having them ride in and around the stayer's lane. One rider is designated as the person to be boxed in. The other riders position themselves in front, alongside and behind the person being boxed in. Once they have positioned themselves around the person, they slowly begin moving up the banking towards the railing or wall of the velodrome. As the riders reach the right side of the track, the person to the right of the person being boxed in, slows and drops behind the person being boxed. That designated rider should now be surrounded by riders on three sides and the wall or railing on their right. The riders doing the boxing can now slow down as much as is safely possible. The person being boxed in can only pedal along and wait for someone to leave an opening. Practice at the top and bottom of the track so the riders get used to the wall and the blue line as a barrier.

Object of this drill: Sooner or later everyone on a velodrome will get boxed in. By practicing the technique, riders not only learn how to do it, but how to avoid being boxed in. Boxing someone in is an accepted racing tactic and it is important for riders to remember not to get angry if it happens to them.





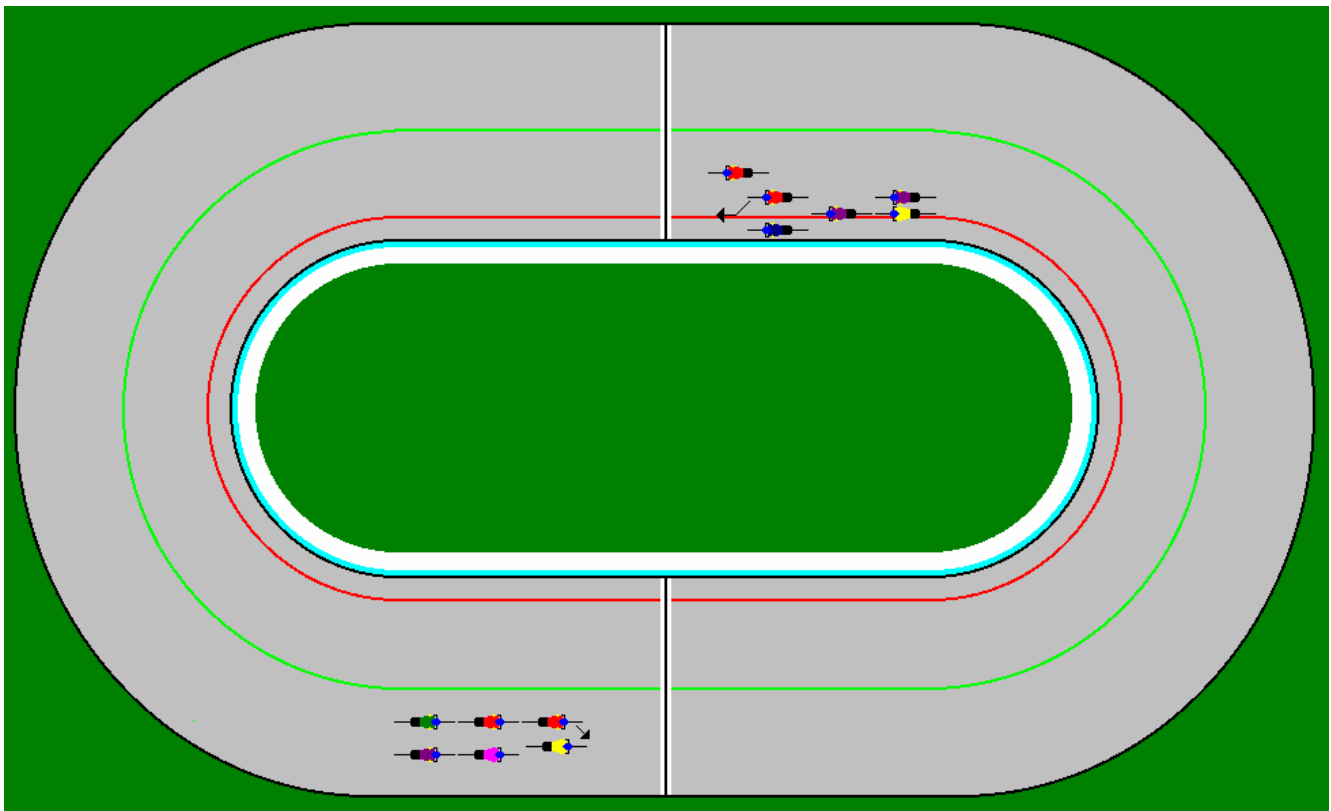
## VELODROME: BLOCK OUT THE COMPETITION

Minimum number of participants: 6

Materials needed: A velodrome and a group of riders all on the same type of bicycle.

Instructions: Begin this drill by having the riders walk through it first to understand what is expected and avoid possible crashing. Riders will group together like a field in a race. The riders from each team take turns blocking out a rider from another team. During the course of the block their teammate will attack. The simulation ends as soon as a gap is created. Riders from the other teams then take up the attacker's role. Blocking movements should be deliberate and unrelenting, but not abrupt or dangerous. A gradual assertion of presence in order to alter the direction or forward progress of the opponent is all that is required. This is often referred to as riding someone up the banking. The intention is to slow or prevent an opponent from advancing.

Object of this drill: During a race, any attempt to attack should be coupled with a block by a teammate to aid the attack. Riders may be able to improve their overall race performance by better understanding how to block out the competition. It is important to emphasize to the riders that blocking is a legitimate and common tactic. However, riders who are being blocked will not appreciate being blocked and may express their dissatisfaction. Teach the riders not to stop blocking just because the rider being blocked gets upset. Good sportsmanship dictates that you accept the fact that you are being blocked and look for a chance to avoid being blocked as soon as possible. Foul language or displays of bad temper will only serve to make for bad feelings throughout the peloton.



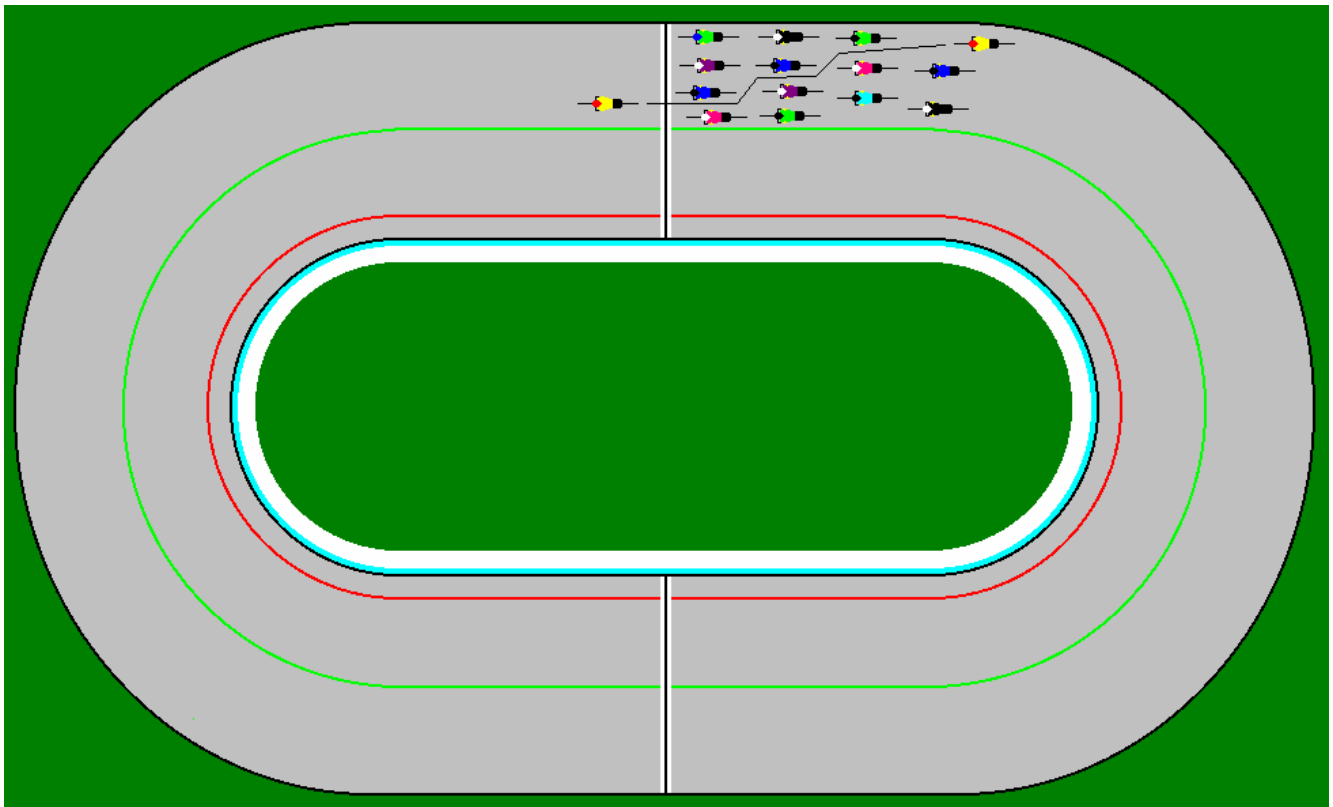
## WEAVING BETWEEN RIDERS PART 1

Minimum number of participants: 10

Materials needed: A velodrome and a group of riders all on the same type of bicycle.

Instructions: Begin this drill by having the riders walk through it first to understand what is expected and avoid possible crashing. Spread the riders out in a formation that creates blockages and lanes across the width of the velodrome. Space the riders out so that there is room to maneuver between them without making contact. While all the riders are moving together in formation, have one rider weave between them all in an effort to reach the front of the group. Make sure the weaving rider goes to the right and the left extremes of the track. This exposes them to the wall or railing on the top and the apron or blue line on the bottom. Once the riders have all had a turn weaving between the rest of the group, have the riders attempt to get in the way of the rider doing the weaving. Repeat this drill until all the riders show competence in weaving through traffic.

Object of this drill: During an actual mass start race a rider may have to weave their way through traffic in order to earn points or not be eliminated from the field. This drill teaches the rider not only how to get between other riders, but how to watch for the minimum amount of space they need to get through tight quarters.



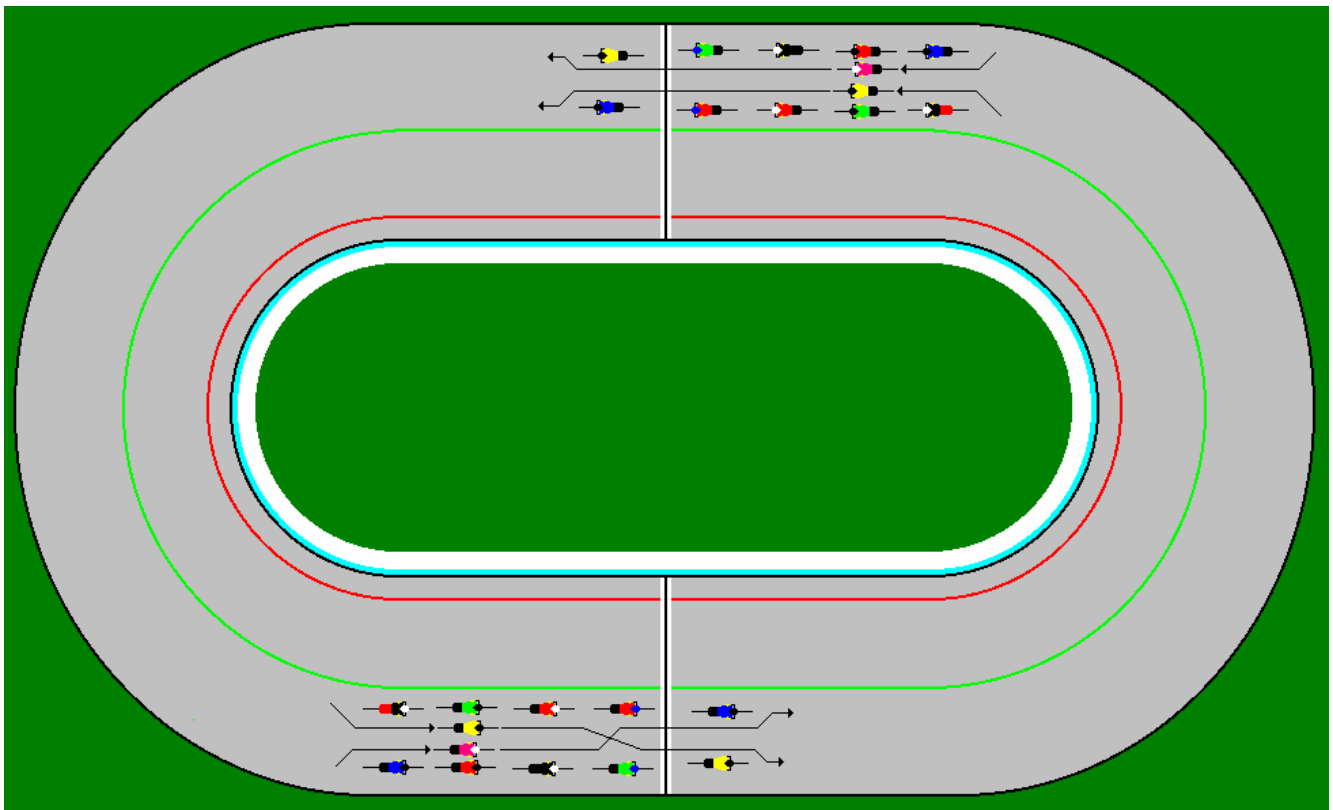
## WEAVING BETWEEN RIDERS PART 2

Minimum number of participants: 10

Materials needed: A velodrome and a group of riders all on the same type of bicycle.

Instructions: Begin this drill by having the riders walk through it first to understand what is expected and avoid possible crashing. This is a follow up to the Weaving Between Riders drill. Spread the riders out in a formation that creates two single file lines lanes. Space the riders out so that there is limited room to maneuver between them without making contact. While all the riders are moving together in formation, have rear two riders move forward through the middle of the two single file lines. These two riders move to the front of each line and the last two riders in line follow through to the front. When the riders get used to this repetition, have the cross each other's path on the way to the front, so that they end up in the opposite line they started from. Try this at the top and bottom of the track. This exposes them to the wall or railing on the top and the apron or blue line on the bottom.

Object of this drill: During an actual mass start race a rider may have to weave their way through traffic in order to earn points or not be eliminated from the field. This drill teaches the rider not only how to get between other riders, but how to watch for the minimum amount of space they need to get through tight quarters.



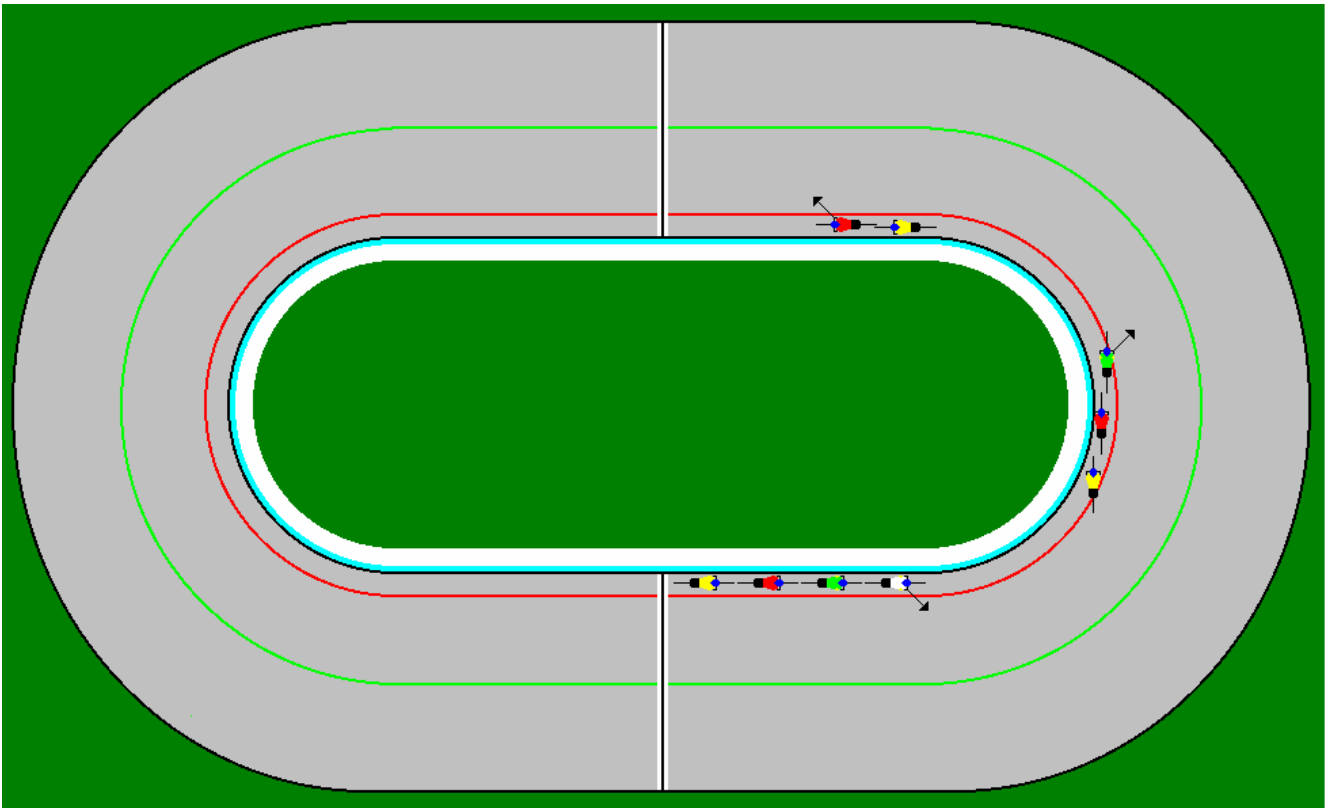
## VELODROME: SPRINT LEAD OUTS

Minimum number of participants: 3

Materials needed: A velodrome and a group of riders all on the same type of bicycle.

Instructions: Begin this drill by having the rider walk through it first to understand what is expected and avoid possible crashing. The group falls into a single file paceline. The group will ride for the finish line as if they were actually in a race. The lead rider pulls off as the group approaches the third turn. The new leader pulls off between turn three and turn four. The final lead out rider pulls off right after entering the final straight, allowing the last rider to stay in the sprinter's lane all the way to the finish. The lead out riders will be blocking any following riders that would normally be nearby in a race. It is very important that the riders discuss the exact location where they will be pulling off to avoid causing confusion or a crash.

Object of this drill: During a race, riders may be in a position to win right at the finish line. Without a good lead out, they may not achieve the speed necessary to win. In addition, having teammates block right before the line will help eliminate some of the competition.



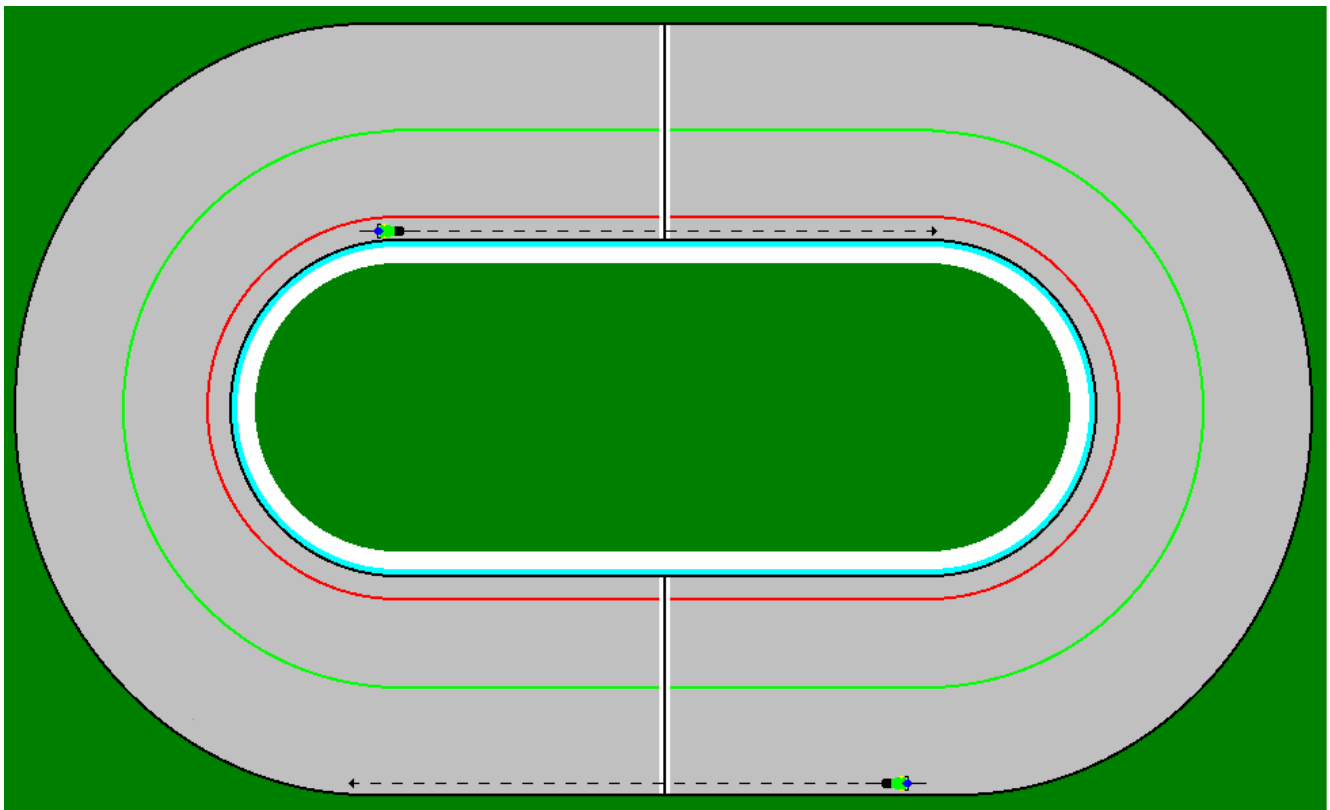
## RIDING A TRACK BIKE BACKWARDS

Minimum number of participants: 1

Materials needed: A velodrome and a rider with a track bike. Be sure the cog is secured with a lock ring.

Instructions: Begin this drill by having the rider walk through it first to understand what is expected and avoid possible crashing. The rider should already be competent in performing a track stand on a track racing bicycle. Have the rider pedal slowly around the velodrome and come to a stop on a straight section on or near the blue line at the bottom. Once the rider has begun their track stand, have them increase the pressure on their pedals so that the bike begins to move backwards slowly. At first they may need someone there to catch them before they fall over. Continue the drill until the rider can pedal their bike backwards for a few feet. Once the rider shows competence in the basic backward movement, have them begin practicing coming to a stop at the top of the banking on the straight sections of the velodrome. Again the rider may need someone there to prevent them from falling. Have the rider come to a stop, but when pedaling backwards, have them attempt to steer so that their back wheel heads toward the wall or railing at the top of the banking. Continue this drill until the rider shows competence.

Object of this drill: In the Match Sprint, a rider may only be able to gain an advantage by forcing their opponent into the lead, by performing a track stand and hovering at the top of the banking.



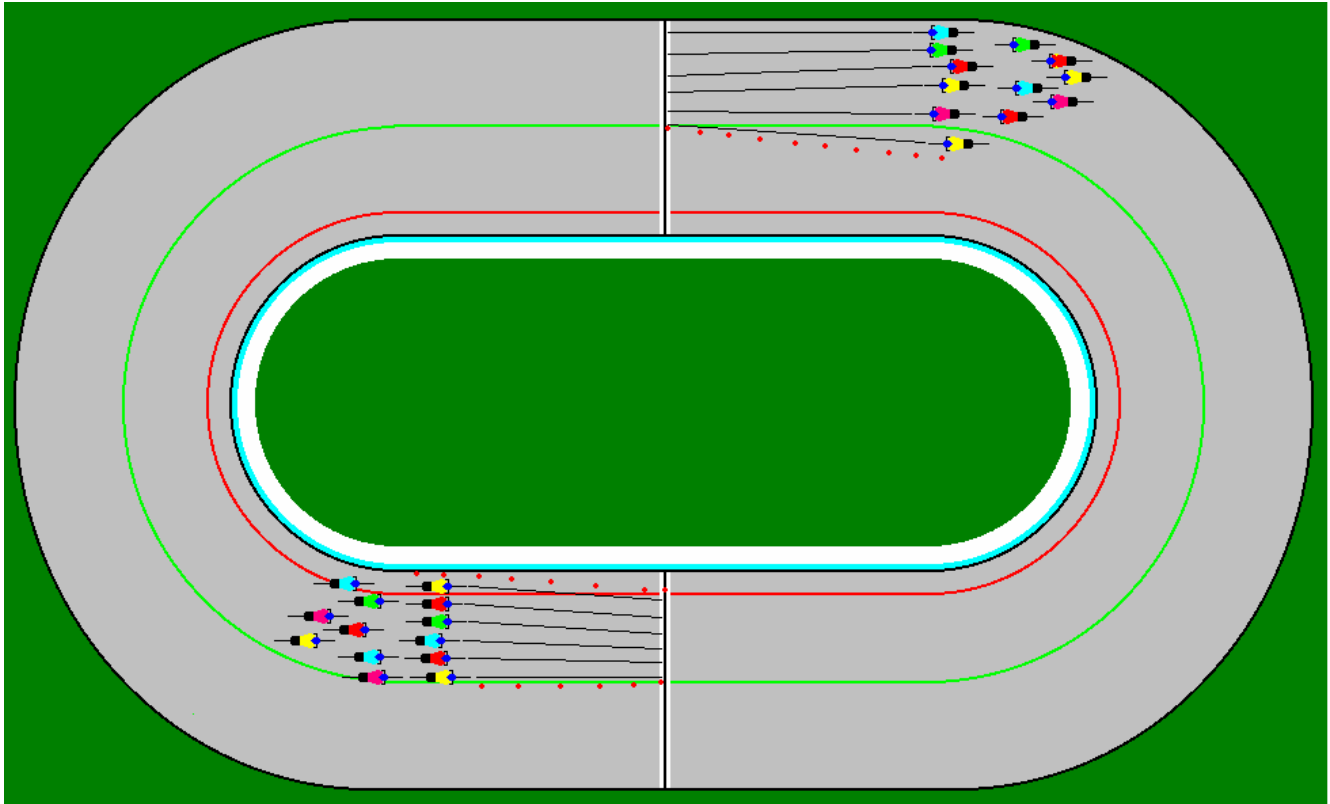
## RIDING INTO A SQUEEZE PLAY

Minimum number of participants: 9

Materials needed: A velodrome and a dozen half tennis balls.

Instructions: Begin this drill by having the riders walk through it first to understand what is expected and avoid possible crashing. The riders are to form into a pack and ride at least four abreast. Arrange the half tennis balls so that they form a line at an angle to the stayer's line. The riders remain side by side and attempt to fit through the gradually narrowing space without causing the other riders to stop or crash. When the riders get used to doing this at the top of the velodrome, have them repeat this at the bottom of the velodrome in the sprinter's lane. Continue this drill until the riders shows competence and feel comfortable.

Object of this drill: During a mass start event all the riders may squeeze together. It is important for each rider to be familiar with dealing in limited maneuvering space.



## RIDING A TRACK BIKE WITH YOUR EYES CLOSED

Minimum number of participants: 1

Materials needed: A velodrome.

Instructions: Begin this drill by having the rider walk through it first to understand what is expected and avoid possible crashing. It is suggested that this drill be done with a coach or someone to act as a spotter for the rider. This should be done one rider at a time and the rider should already be competent in performing all the other drills. The rider pedals around the velodrome on the the stayer's line. As they enter the straight away, they close their eyes and count to three and open their eyes. The goal is to ride as relaxed and straight as possible. With each lap the rider attempts to go a little farther until they can get from one end of the straight away to the other. When the rider feels comfortable riding on the stayer's lane, they can try this in the sprinter's lane. Continue this drill until the rider shows competence and feels comfortable.

Object of this drill: During a mass start event, a rider may need to watch the riders along side and behind them. They must learn how to keep the upper body relaxed enough to maintain a straight line when looking around.

