

## TITLE: BASIC START AND STOP - FOUR RIDERS

EQUIPMENT REQUIRED: 4 CONES

### WARM-UP/ PRELIMINARY EXERCISES

- Check that the riders know the basic aids for making the pony walk on and halt.

### EXPLANATION

- Position the cones equally around the school about 1m in from track at A B C and E. See Diagram on next page.
- Give each rider a cone to stand by – i.e. "Jim stand by the cone at A, Wendy to the cone at B etc." Make sure all the riders are on the same rein.
- On command the riders walk to the next cone and stop.
- Check all riders were allowed enough time complete the task.
- Practise this several times and in both directions.
- Once you feel all the riders can make the horse stop and start then Ask the ride to walk around the arena stopping at each cone as they reach them until back to the starting point.

### HANDY HINT

Using cones of different colours helps the rider (and helper) remember where they started.

### LIKELY PROBLEMS

- The rider overshoots a cone. This is an ideal chance for the rider to learn through trial and error.
- Check that the helpers give the rider the opportunity to stop and start the horse even if mistakes are made.
- Each rider can learn at their own pace and the instructor can keep an overview all the riders whilst also being able to give individual guidance where needed.

### VARIATION/GAME RELEVANT TO LESSON

Get riders to stop at each cone for count of three before walking on and see who can be back first at the starting point

### Grandma's Footsteps

Line up all riders on the F-K line. "Grandma" stands with her back to the ride. The riders walk towards Grandma. Grandma raises her arm and the riders stop. Grandma then turns round to see who is still moving – that rider misses a go. Repeat until Grandma has been tagged. Handy hint for Gran – give the riders time to halt before you turn round – count to five.

