

TITLE: WALK AND TROT - FOUR RIDERS off lead rein

EQUIPMENT REQUIRED: 4 CONES plus working in equipment

WARM-UP/ PRELIMINARY EXERCISES

- Riders to lead horses round the arena as a warm up of riders – helpers to assist. Mount ride.
- Work ride in open ride in walk – have stop stations, bending cones set out for riders to use - helpers to assist
- All riders must be able to control the horse in walk (stop, start and steer) and be able to trot a short distance off the lead rein.

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.
- Ask the ride to walk around the arena stopping at each cone as they reach them until back to the starting point.
- Change direction and repeat.
- Now ask rider to walk to next cone then trot for 2 cones, walk and then stop at next cone – they should now be at the cone they started from. i.e. Jim at A (red) walks to E (green) and trots to B (past blue cone at C) walks at B (yellow) and halts at A (red)
- This takes a bit of practise and helpers can be positioned either at the cones or in the corners to get riders to use the school better

HANDY HINT

Using cones of different colours helps the rider remember where they started.

PROBLEMS & BENEFITS

- 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 control 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.
- Riders have to plan ahead – great opportunities for all to practise transitions.

VARIATION/GAME RELEVANT TO LESSON

- Mix up the transitions and ask each rider to think of a routine

COOL DOWN

- Riders walk round on a long rein with feet out of stirrups – being led if necessary.

