

Session 2

Tim Downes FBHS

Developing riders and developing and maintaining school horses

Tim's philosophy on rider training

Riders must learn:

- Empathy (for the horse)
- Balance (to sit on their seat)
- Co-ordination (clear language)

Coaches job to train riders to:

- Learn to ride
- Develop a horse
- Learn to perform
- Perform

Warm up exercise

- Open order same rein in walk
- Stretch the horses
 - Allows horse and rider to get used to each other
- Pick contact up and start to move around
 - Encourage riders to think about what the horse is saying to them
 - Can they read the horse they're on?
- Working on both reins ride transitions from walk to halt
 - Encourage riders to think about how they're turning the horse (not just using the inside rein)
- Include trot and canter work
 - Allow riders to make their own decisions regarding when, where and how they ride transitions
 - Emphasis should be on their balance, position and relaxation
- Ask each rider to give **positive** self-reflection – what are they pleased with and what are they going to develop next?
 - Allow riders to make their own plan giving support where necessary

Group ride exercise

Aim – keep the relationship built with the horse during warm up but in a closed ride situation. This is learning to perform

Use exercises individually or join exercises together

- Closed order in walk
- On the long side, whole ride turn across the arena (riders will be side by side) and change the rein
- Make change of rein across diagonal (one behind other) and riders to ask for a bigger trot steps across diagonal
- On long side whole ride turn (side by side) towards the centre and halt on centre line
- Make an upwards transition to trot from halt and change rein on opposite side
- Make upwards transition to canter as each rider reaches the corner
- Canter large as ride
- Turn down the centre line (one behind other) and ask for change over X (simple, trot, flying)
- Whole ride trot large and allow horses to stretch
- Whole ride walk and stretch

- Ask riders to positively self-reflect on the session
- Consider
 - Differences in horse response between working individually and as a ride
 - What went well?
 - What would they develop?