

## Session 1

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Coaching a group of riders of various levels

### Warm up exercise

- Riders go large in open order on either rein
- Turn down centre line every time from 'A' and change the rein
- Riders work in walk, trot and canter as directed

### Progression

- Add a circle at either end
- Add smaller circles in the corners

### Exercise 1

Riding corners

Aim – use corners to set the horse up, ride transitions to improve rider reaction and horse response to aids.

- Riders open order on same rein
- Go large in working trot
- Ask rider to steady horse as much as possible as they approach and ride through the corner
- As they ride out of corner ask the horse to move forward up the long side
- Repeat in each corner
- Use variations of walk and trot paces/transitions depending on horse and rider ability
- Repeat on both reins

### Exercise 2

Canter work

Aim – progress exercise 1 to canter

- Riders in open order same rein
- Canter large
- Use corners to collect the horse and then move canter forward up the long side
- Repeat in each corner
- Suggested variations depending on horse and rider ability:
  - canter – trot before corner – walk through corner – canter
  - canter – walk through corner – canter
  - canter – walk 10m circle in corner – canter up long side
  - working canter – collected canter through corner – working canter
  - medium canter – collected canter through corner – medium canter

- collect canter round corner – ride flying changes on long side - collect canter

**Exercise 3**

Leg Yielding with wrong bend.

Aim –Helps to improve rider straightness, position and co-ordination. Improves horse suppleness, straightness, response.

- Riders open order working on both reins
- Riders turn down arena from 'A' end
- Straighten horse
- Bend horse in direction of leg yield
- Leg yield in either direction
- Work on both reins (riders and horses will usually find this easier on one rein than the other)
- On long sides rider choice of exercise e.g. transitions, on and back