

**LESSON PLAN 10 – Teach the rider to ride over trot poles at both walk & trot.
Distances must be included in the plan.**

<u>Pony Club Venue:</u>	<u>Date:</u>
<u>Rider:</u> 1. 2. 3. 4. 5. 6. 7. 8.	<u>Pony:</u> 1. 2. 3. 4. 5. 6. 7. 8.
<u>Topics and goals for session:</u> <ol style="list-style-type: none"> 1. To maintain a safe and correct position for jumping. 2. To maintain a correct approach and go over the centre of poles. 3. To maintain control of the pony on the approach and getaway. 4. To revise, integrate and consolidate previously learnt skills, school figures, arena language/protocol into the lesson, wherever appropriate. 	
<u>Equipment needed and layout:</u> Enclosed arena. Cones – used for direction before and after poles. Spare neck straps in case needed for riders who turn up without one. 4 x trot poles (set at 1m-1.35m apart for ponies & 1.3-1.5m apart for horses). Several jump wings with extra poles placed on ground in between wings to start to simulate approaching a jump, whilst still presenting a trot pole to the riders. Measuring tape / stick. Helper	
<u>Introduction to session (key points):</u> <ul style="list-style-type: none"> • Introduce yourself and chat to riders about themselves and their mount (some combinations may be new to you, and you also need to know what they have been working on since the last rally). • Revise previously taught skills, school figures, arena language/protocol (if appropriate) – a good time to integrate & consolidate areas causing problems. ** Specifically revise 3 point position, use of neck strap and crest releases. • Check that the stirrup lengths have been adjusted. • Explain the benefits of why we use trot poles. • Explain position (and why we use it) over trot poles – rise or float. • Explain safety, distances and procedure when following over trot poles - ie. When rider in front moves poles or stops. 	

Gear Check (List gear to be checked): As per Gear Checking Rules for Pony Club.

- **Rider:** Clothing - Clean & correctly attired with appropriate Club uniform including safe boots & correctly numbered helmet;
Hair - Long hair tied back;
Jewellery - Check jewellery;
Fitness - Age of rider; weight of rider in comparison to mount.
- **Horse:** Gear - clean; correctly fitted; approved; stitching OK; safe;
Condition - clean/groomed (no bot eggs), including feet;
Fitness - age; soundness; what work has mount been doing?
(Are pony/horse and rider capable of doing planned lesson?)

Warm up activities and rider exercises:

Halt, walk and trot using upward and downward transitions, and large school figures (where appropriate), to ensure pony/horse is sound, attentive and listening to rider. (Canter could be included in the warm up but would depend on the rider's level of skill & ability.) Change from upright to 3 point position. Have riders warm up in and around poles so that horses get used to them prior to lesson.

Select some rider exercises to complete on a 20 metre circle.

New Skill/s (name of skill):

- Riding over trot poles at walk and trot.

Key teaching points and demonstration method:

Demonstrate using rider/s out in front of group (use different rider for each demonstration and ask riders questions to keep them alert and interested).

Demonstrate the correct 3 point position with crest release to neck strap – line from shoulder/centre of thigh/ball of foot, heels down, rider looking ahead, staying in balance, toes slightly out, inside of lower leg in contact with pony, folding at the hips with no hollow back, hands reaching forward up the neck to strap.

Demonstrate at walk the safety needed, distances and procedure when following over trot poles.

Explain the importance of rhythm.

Stress accuracy of line over poles.

Practice activities:

- Practice altering stirrup lengths.
- Check & adjust, if necessary, pole distances after riders have gone through.
- Have riders go large at walk in upright position. Select rider to go down the centre line in 3 point position, over trot poles, using the cones for direction at start and end of trot pole line (at walk) – keeping straight with same rhythm. Keep selecting riders until all have been through without problems.
- Whole ride to follow on now (at trot), keeping distances between riders – change rein frequently.
- Have a helper at the end putting 1 to 5 fingers up so that riders need to look ahead and count out loud the number of fingers held up.
- Could now introduce wings & poles if time & appropriate for rider expertise.

Cool Down:

Long rein walk in, out and around trot poles.

Session Evaluation and Summary:

- **Riders to line up in an orderly fashion.**
- **Discuss with riders if they understand how to ride correctly over trot poles – PRACTICE MAKES IT EASIER. Give them some more tips - something to take home to practice – stress the importance of using a neck strap at home. All riders to be involved in this session using question techniques rather than dictating coach's thoughts.**
- **Evaluate the lesson – BE HONEST!**
 - **What did you as the coach like?**
 - **What worked well or didn't work?**
 - **What would you do differently?**

Note: If you have a group of horses and ponies, always set the distances for the horses, as ponies will adapt more easily to the distance.