

LESSON PLAN 5 – Teach the rider to sit in the correct upright seat position.

Pony Club Venue:

Date:

Rider:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Pony:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Topics and goals for session:

1. Rider to have a vertical line – ear, shoulder, hip and heel.
2. Have rider looking straight ahead with rider's spine in line with horse's spine when looking from behind.
3. Rider to have a horizontal line – from elbow, through wrist, hands and rein to bit (horse's mouth).
4. To introduce a new school figure, arena language/protocol to riders.
5. To revise, integrate and consolidate previously learnt school figures, arena language/protocol.

Equipment needed and layout:

- Arena with letters.
- Cones - for use with train game;
 - for riders to ride between when going down centre line;
 - for riders to ride between when following circles at A, B, E or C.
- Pieces of dowel or ruler (one for each rider).

Introduction to session (key points):

- 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 skill, school figure, arena language/protocol.
- Explain how correct position will make aids more effective.
- Correct position helps the balance of the rider (improves safety by being in balance).
- Correct position helps to distribute rider's weight evenly over the horse.
- School figure/arena language - Follow the circle at A, B, E or C.
 - Turn down the centre line and change rein.
- Arena Protocol – If approaching on the opposite track, pass left hand to left hand.

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, 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.)

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

New Skill/s (name of skill):

- To sit in the correct upright seat position.
- Follow the circle at A, B, E or C.
- Turn down the centre line and change rein.
- If approaching on the opposite track, pass left hand to left hand.

Key teaching points and demonstration method:

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

Demonstrate -

- The vertical line – ear, shoulder, hip, heel.
- The straight line when viewed from the side – elbows, wrist, through hands and reins to the horse's mouth.
- The straight line when viewed from behind – rider's spine in line with the horse's spine.

Demonstrate, using different riders how to –

- Follow the circle at A, B, E or C;
- Turn down the centre line and change rein.

Practice activities:

- Train game – riders check position at markers.
- Riders to hold a short piece of dowel or ruler (held in both hands) whilst riding in order to assist them in achieving the correct position of the hands.
- Check to see that riders are looking straight ahead between horse's ears.
- Check position of rider's spine in comparison to horse's spine when riding up the centre line.
- Check correct position - riders to stand in stirrups at halt; coach then holds the lower leg of the rider still whilst they sit back gently into the saddle.
- Integrate follow the circle at A, B, E or C into the abovementioned activities.
- Practice passing left hand to left hand when changing rein (opposite track).

Cool Down:

Long rein walk using school figures.

Session Evaluation and Summary:

- **Riders to line up on centre line facing B or E.**
- **Discuss with riders if they understood what a correct upright seat is - give them some more tips - something to take home to practice. 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?**

