

LESSON PLAN 6 – Teach the rider to stop, ride forward and turn a pony.

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. To have rider stopping effectively, and have knowledge of one-rein stop.
2. To have rider moving pony/horse forward freely when required.
3. To have rider turn pony in direction required.
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.
- Flags (green, yellow, red).

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.
- Use example of parent driving car to illustrate the importance of being able to stop, turn and have enough in the petrol tank to go forward.
- Importance of being able to go forward after stopping.
- School figure/arena language – Turn across the school at B or E and change rein.
- Arena Protocol – Never halt on the track. Rider to move to the middle of a short side circle.

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 be able to stop, ride forward and turn a pony.
- One-rein stop.
- Turn across the school at B or E and change rein.
- Do not halt on the track – move to the middle of a short side circle.

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 -

- How length of rein and rider position can affect ability to stop pony and also ability to move pony forward..
- How `thinking' halt & having correct rider position helps to stop pony.
- How body position (turning body) and looking in direction you want to go helps turn the pony.
- One rein stop for emergency stopping.
- Turn across the school at B or E and change rein.
- Do not halt on the track – rider to move to the middle of a short side circle.

Practice activities:

- Using arena markers and flags, riders to turn, halt, or go at given markers and on given signals (ie. at E turn left; when yellow flag is waved prepare to halt; when red flag is waved halt; when yellow flag is waved prepare to move forward; when green flag is waved move forward; at B turn right etc).
- Use a variation of the game `What's the Time Mr Wolf' to practice halt & go.
- Play `Follow the Leader' to practice turning.
- Use an obstacle course to practice turning, halt and go.
- Practice one rein stops.
- Practice turning across the school at B or E & changing rein (as in flag game)
- Practice getting riders to move to the middle of a short side circle to halt.

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 the skills taught on how to stop, ride forward and turn a pony - 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?**

