

Practice Poles Riding Plan

This week's riding plan is all about ground poles!

These patterns will help you to develop your focus, increase your precision, and help you to feel more in control of your horse, which will build your confidence.

These patterns are also great for smaller indoor arenas, to help prevent you and your horse from becoming bored.

To set up for these patterns, place a four poles in a square, leaving enough space to ride around them.

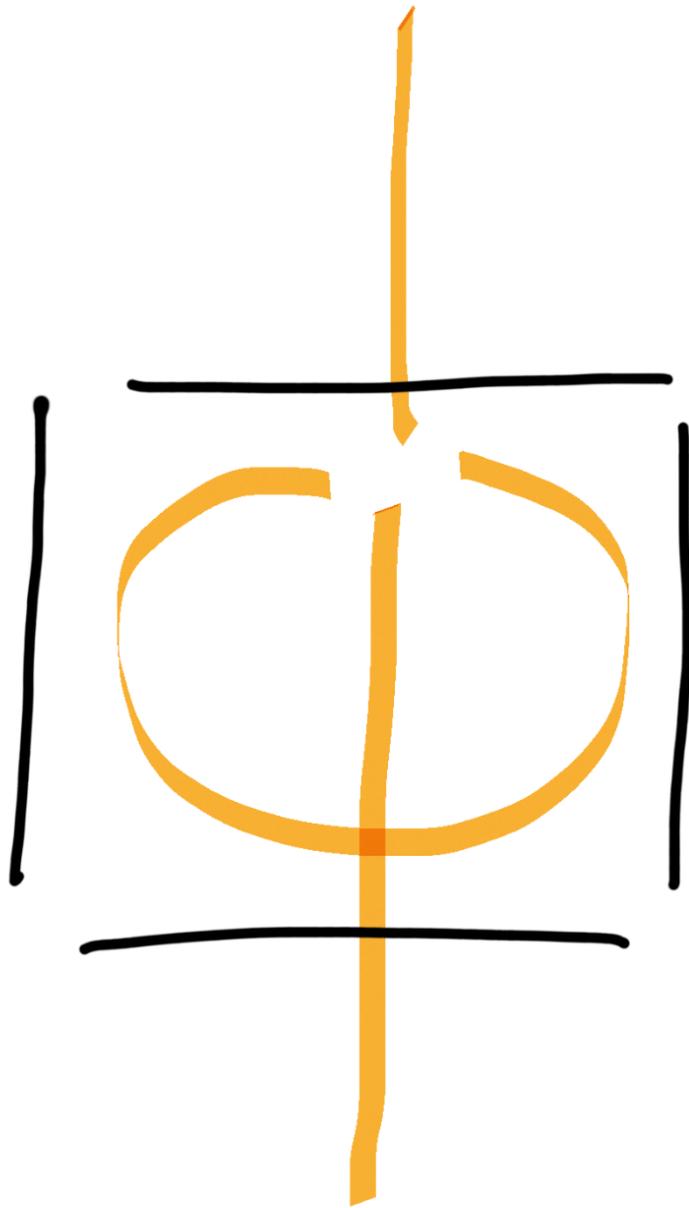
Let's get ready to ride!

Chevy

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Stop and Turn:

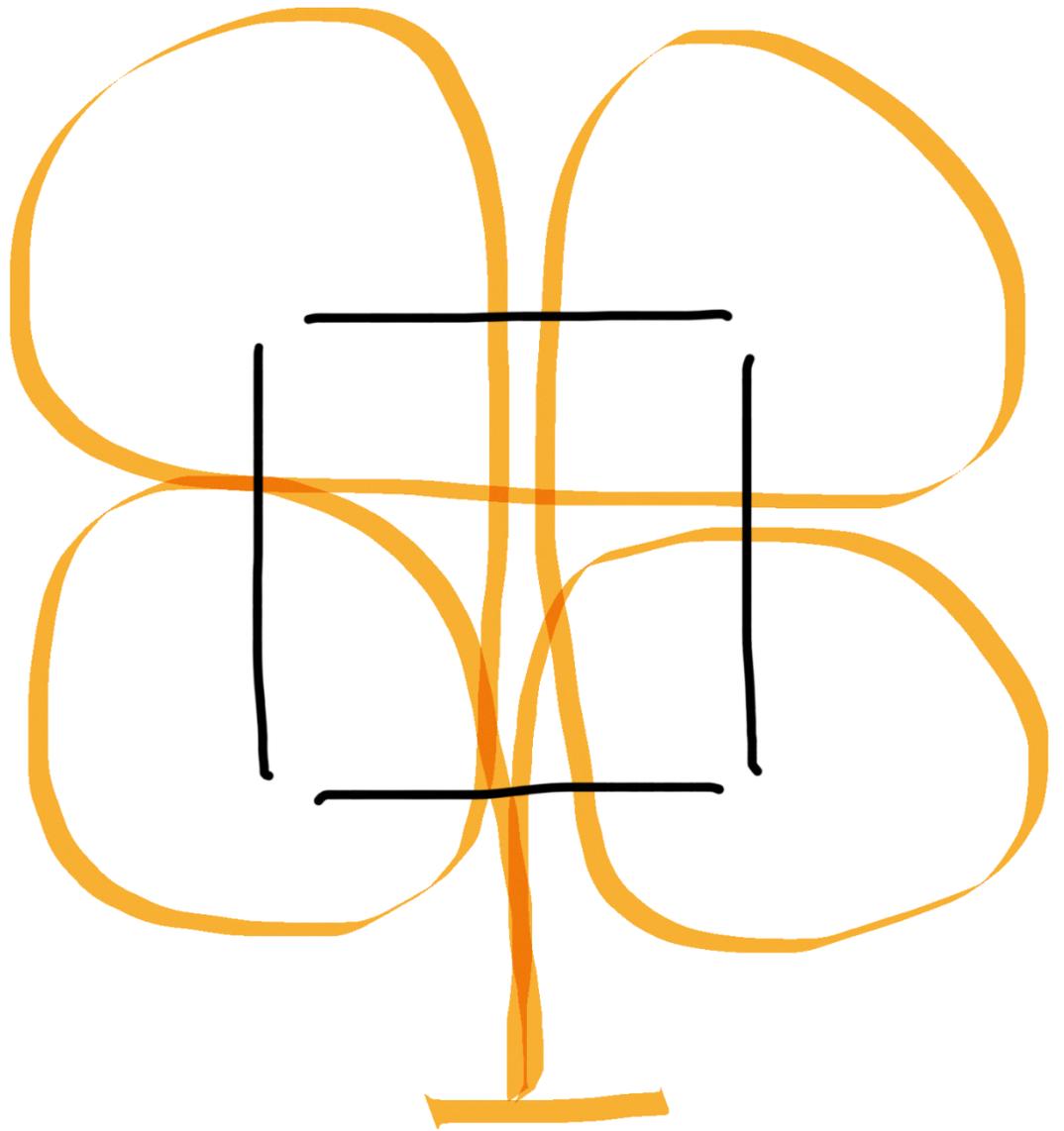
Ride into the box created by the ground poles, turn around 360 degrees, then ride out. This exercise helps horses that tend to rush and move forward, as the ground poles provide a barrier. Focus on keeping all four of your horse's feet inside the box as you made the 360 degree turn.



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Loop Around the Logs:

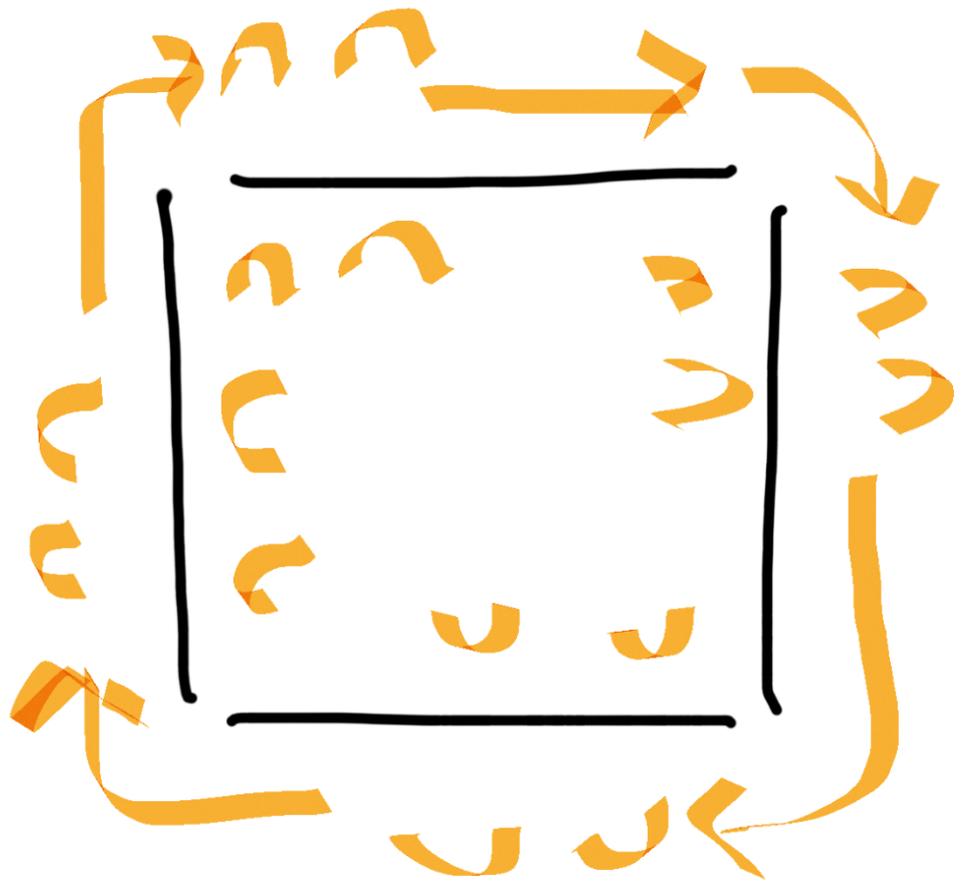
Make a clover leaf pattern, riding into the box, making a circle, then re-entering the box, and repeat over each log. This exercise helps horses that are more clumsy, creating bend and adding in the ground pole to encourage impulsion and lifting their feet. Focus on your horse following where you are directing him, and keeping your eyes up-don't lean your own shoulders in, which will encourage your horse to tick the pole!



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Side Pass the Square:

Side Pass over the poles in a square motion. This pattern encourages periods of side passing straight, followed by moving the forequarters. This is a great pattern for horses that are dull on yielding to leg cues, as the poles provide a visual for both the horse and rider. This pattern also is great to encourage horses to shift their weight to their hindquarters and move their forehand more freely





Practice Poles Riding Journal

MY ACTION GOALS TACK USED LIST

EX) Keep my eyes up

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

IMPORTANT POINTS TO REMEMBER

Using poles is a way to develop focus and precision in your riding-both of which will help to build your confidence. Keep your eyes up, hands soft, and enjoy the ride!

NOTES