

Foxhunting Mounted Lesson Plan

Title: Stopping and Going while Riding in a Group

Level of Students: D2-D3

Length of lesson: 30-45 minutes

Special materials or aids: a ring or enclosed area, a small field with a slight hill if possible, each rider should have a martingale, breastplate or neck strap/yoke

Introduction

1. Introduce yourself and ask students' and ponies' names. Does anyone's pony kick?
2. Ask something like-how many of you like rodeo-riding? Getting run away with? Do your ponies get excited in a group? Ever watched race horses gallop?
3. Today we are going to learn some techniques to make it fun for both you & your pony to be in a group, be in control and be safe.

Body of Lesson

1. Check rider security-did you know you can stop your pony easier with short stirrups?
2. Do you know how to do pulley rein? How do you stop your pony in a group?
3. Have riders walk and trot around the ring, watch their lower legs and body position, adjust stirrups up if necessary.
4. Demonstrate how to bridge the reins, keep a finger or two in the neckstrap, then when stopping, stretch upper body up, push heels down, pull on neckstrap, keeping hands down, then release.
5. Have them practice that in the ring, at halt, walk to halt, then trot to walk, ask them to tell their ponies "good boy" or "good girl", and scratch their withers when they slow down. Encourage them to be patient and wait for transition. Ask them to stay one behind the other and not next to each other.
6. Practice again in a line in the ring, then try it up hill, then down. If they are really good at it, they can do it at the canter. Each rider must be able to see the heels of the horse in front of them over the ears of their own horse.

Closing

1. In the past few minutes, we have practiced using a strong position and a couple techniques to control your pony. Have someone explain how it worked with their pony.
2. Any questions? Do you think you can use this and stay relaxed and in control in a group?
3. Good job & thanks!