

Pony Club Lesson Plans

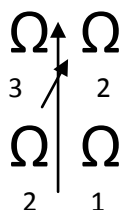
Canter Leads

Topic & Goals for session
<ul style="list-style-type: none">• Must be independent at trot and ready to advance to canter• Unable to be lead for canter – ensure can canter in straight before teaching circles/ corners• Identify why canter lead is important for horse and rider• To identify lead• Maintain canter
Manual – module 3 page 100 Riding page 49
Equipment needed and layout
Safe riding area – ideally arena for safety +/- witches hats to assist in shapes and interest Coloured boot/ bandage for demonstration only pole
Introduction to session – key points
A – acknowledge and thank everyone for coming I – introduce instructor and ensure group know each other D – lesson timeframe confirmed (normally 45 mins) E – explain topic T – thank all for listening and participating
Gear Check
<ul style="list-style-type: none">• Helmet & attire• Bridle• Saddle including girth• Check sun screen application Safety check <ul style="list-style-type: none">• Confirm experience, special needs, pony needs etc
Warm Up exercises
Long rein walk Short rein walk – ensure all riders have control and breaks – Trot both directions Transition up and down focus – also test control
Key teaching points and demonstration method
<ul style="list-style-type: none">• Canter has three beat pace• Leader leg is the leg that stretches forward with each stride• Horse will be balanced if this is the inside leg• Rider to look at inside shoulder – down eye movement only not leaning forward (all riders must remain upright and sit back during canter – remember slow down and stop aids)• Discuss all aids• Canter aid – check position, pressure inside leg in front girth, outside leg behind girth,

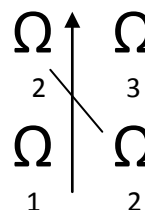
forward with hands

- Start on corner of arena (easier to obtain right lead)
- May also put a pole in corner to assist obtain right lead if pony having difficulty
- On return to trot – rise immediately

LEFT CANTER



RIGHT CANTER



Practice activities

- Single file – one rider to attempt at a time – canter to back of ride
- Move to single rider on arena group – identify if on right canter lead
- Ensure canter obtained in corner, place pole in corner asking pony to move over pole as requests canter
- If group able to maintain control canter as group at least 2 horse space (small group only)
- Extend to – transitions up and down – canter 40 m circle with direction change at X with trot transitions between – once competent shorten trot transition to 3 paces

Cool Down

Walk at collection – move to long rein walk

Encourage hand position to be maintained at long rein walk

Reward ponies and riders

Session evaluation and summary

Feedback Sandwich

Speak with each child individually

Good

Bad

Good

Ensure encouragement is provided above all