

Session 3

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Young rider session

A coach needs to think about young riders and how to manage their self-belief, balance and help them to learn to make decisions for themselves when in the ring and how they can focus on what they can control (e.g. good canter, lines)

Warm up exercises

Ask the riders what is important to them when jumping and help them identify the key things (rhythm, power in canter, straightness)

Riders walk on loose rein and focus on breathing in fours (deep breath in for 4, hold for 4, breath out for 4, repeat) to encourage relaxation

Exercise 1 Light seat

Aim – rider to develop light seat position and using their lower leg for balance and letting the horse travel forward underneath them.

- Riders in open order on same rein in trot
- Take up light seat position in trot
- Make transitions to halt staying in light seat (encourage use of neckstrap to help with balance)
- Work on both reins
- Start to move the horses around the arena and through a variety of transitions

Exercise 2 Light seat

Aim – use upper body to influence the speed of the horse

- Go large around arena
- Pick up trot
- Practice lowering upper body towards horse's neck and staying in balance
- Bring body upright without sitting in saddle (use neck strap to help balance)
- Canter large, use upper body position to influence horse – sit up to collect canter and lower upper body to move canter forwards
- Repeat on both reins

Exercise 3 Canter work

Aim – using position to influence the canter and security of lower leg

- Riders in canter going large
- Sit for 4 strides, light seat for 4 strides, sit for 4 strides, repeat- the canter shouldn't change
- Progress to moving horse around arena

Exercise 4

Canter work

Aim – improve ability to influence the power in the canter

- Riders in canter going large
- Take up light seat position
- Move canter forward 4 strides, collect 4 strides, forward for 4 strides repeat

Jump Exercises

Exercise 1

Warm up

Aim – warm up over single fences focussing on straightness

- Individually riders to jump single upright fence focussing on the straightness of approach and getaway
- Other riders in group to position themselves at a safe distance so they can observe and feedback how straight the rider is over the fence
- Swap positions so each rider jumps and observes
- Work on both reins

Exercise 2

Working the canter between fences using circles

Aim – riders learning to make decisions for themselves when riding a short course

- Link four single fences together
- Riders to add in two circles where they feel best during the round to help rebalance the canter
- Encourage rider to self-reflect after their round
- Other riders to observe straightness of approach and getaway and give feedback

Exercise 3

Jumping course

Aim- Increase rider reactions when riding course

- Short course as above
- Riders to ride course without circles
- Coach to give some pointers based on previous exercise

Course plan (not to scale)

All fences can be jumped from both sides

