

## Session 4

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Cross country (arena)

### Warm up

Rider to work in on flat as normal

### Exercise 1

Polework

Aim – focus on straightness using poles

Set up on one long side (off track)

Skinny pole - 4 trot strides – 4 trot poles – 4 trot strides – skinny pole

- Rider pick up trot
- Rider to give mark out /10 for straightness
- Work on both reins
- Is there a difference on one rein compared to the other?
- Check position, control of shoulders, quality of trot rhythm, quality of turn and approach
- On opposite long side rider to move trot steps on and back

### Exercise 2

Canter work

Aim – For the horse to react to the rider's body position. Rider able to bring horse back without relying on their reins

- Rider to go large pick up canter
- Use body language to adjust the canter
  - Upper body up collect (not using reins)
  - Upper body forward – move canter on
- Include circle at either end of arena (make sure rider doesn't sit heavy when circling the horse)
- Change rein across diagonal in canter with change of lead over centre line
- Repeat on each rein

## Jump Exercises

### Exercise 1

Straightness

Aim – warm up for jumping course focussing on straightness and quality of approach and getaway

Set up on centre line

Skinny flags – 4 strides – oxer (to be jumped both ways) – 4 strides – skinny flags

- Which of the phases of the jump does the rider think is most important? Discuss why and how they affect the quality of the jump
- Rider approach in canter
- Change rein each time
- Use the long side to move the canter on and back to quicken response from horse
- Rider reflection – mark out of /10 (to include approach, straightness, getaway, canter quality)

## **Exercise 2**

Jumping on an angle

Aim- build on previous straightness exercise to jumping on a diagonal line

Set up

Oxer from previous exercise on centre line

- Rider to jump oxer on diagonal line
- Changing rein after to make a figure eight shape
- Focus on getting onto line as soon as possible
- Position of rider on landing to be able to support the horse round the turn and influence the canter lead
- Quality of the canter throughout

## **Exercise 3**

Linking 3 fences together

Aim – Focus on straight lines, quality of the canter throughout

## **Exercise 4**

Jumping skinnies

Aim – focus on straightness using diagonal lines and skinny fences

Set up on centre line

Skinny brush – 4 strides – oxer (to be jumped both ways) – 4 strides – skinny brush

- Jump oxer on angle
- Turn up centre line
- Repeat on both reins

## **Exercise 5**

Corners

Aim – progress straightness exercises to include corner fences

Set up on each long side (one jumped from left rein and other from right rein)

Oxer on long side – 5 strides (on slight curve) – corner fence

- Rider needs to be aware of their body position, horse's outside shoulder and keeping horse on the line in a quality canter.
- Rider to self-reflect

Course plan (not to scale)

