

**LESSON PLAN 13 – Teach the rider a simple mounted game.**

<b><u>Pony Club Venue:</u></b>	<b><u>Date:</u></b>
<b><u>Rider:</u></b> 1. 2. 3. 4. 5. 6. 7. 8.	<b><u>Pony:</u></b> 1. 2. 3. 4. 5. 6. 7. 8.
<b><u>Topics and goals for session:</u></b> <ol style="list-style-type: none"><li>1. To revise and improve the skill of holding reins in one hand.</li><li>2. To improve balance and agility.</li><li>3. To improve rider confidence.</li><li>4. Rider to have control of pony/horse.</li><li>5. To revise, integrate and consolidate previously learnt skills, school figures, arena language/protocol into the lesson, wherever appropriate.</li></ol>	
<b><u>Equipment needed and layout:</u></b> 4 Bending poles (10m apart in a straight line). 3 Mugs (to place on top of the bending poles).	
<b><u>Introduction to session (key points):</u></b> <ul style="list-style-type: none"><li>• Introduce yourself and chat to riders about themselves and their mount (some combinations may be new to you, and you also need to know what they have been working on since the last rally).</li><li>• Revise holding reins in one hand.</li><li>• Explain the use of the body for turning pony/horse and for stopping.</li><li>• Teach riders the rules applicable to chosen game.</li></ul>	
<b><u>Gear Check ( List gear to be checked):</u> As per Gear Checking Rules for Pony Club.</b> <ul style="list-style-type: none"><li>• <b><u>Rider:</u></b> Clothing - Clean &amp; correctly attired with appropriate Club uniform including safe boots &amp; correctly numbered helmet; Hair - Long hair tied back; Jewellery - Check jewellery; Fitness - Age of rider; weight of rider in comparison to mount.</li><li>• <b><u>Horse:</u></b> Gear - clean; correctly fitted; approved; stitching OK; safe; Condition - clean/groomed (no bot eggs), including feet; Fitness - age; soundness; what work has mount been doing? (Are pony/horse and rider capable of doing planned lesson?)</li></ul>	

**Warm up activities and rider exercises:**

Halt, walk and trot using upward and downward transitions, whilst riding with reins in one hand, changing rein through transitions, and large school figures (where appropriate), to ensure pony/horse is sound, attentive and listening to rider. (Canter could be included in the warm up but would depend on the rider's level of skill & ability.)

Select some rider exercises to complete on a 20 metre circle.

**New Skill/s (name of skill):**

To ride through bending poles and move mug from poles while riding with reins in one hand. To also correctly pass the mug from one rider to another.

**Key teaching points and demonstration method:**

Demonstrate using rider/s out in front of group (use different rider for each demonstration and ask riders questions to keep them alert and interested).

Demonstrate how to hold the reins in one hand.

Demonstrate the use of body position for turning and stopping/control.

Demonstrate the bending race.

Demonstrate the technique of holding the mug when removing and placing on bending poles.

Demonstrate how to correctly pass the mug from one rider to another.

**Practice activities:**

- Bend through the bending poles using two hands on reins at first, then one hand at walk, trot and canter (if applicable level).
- Ride to the pole and pick up mug and move to the pole with no mug on, then return to pick up next mug and move to vacant pole, then to 3<sup>rd</sup> mug etc.
- Using one mug, practice passing it between riders.

**Cool Down:**

Long rein walk or trot, bending through poles.

**Session Evaluation and Summary:**

- Riders to line up in an orderly fashion.
- Discuss with riders if they understand the skills and how to ride the game – PRACTICE MAKES IT EASIER. Give them some more tips - something to take home to practice. All riders to be involved in this session using question techniques rather than dictating coach's thoughts.
- Evaluate the lesson – BE HONEST! - What did you as the coach like?
  - What worked well or didn't work?
  - What would you do differently?