

**LESSON PLAN 3 – Teach the rider to hold the reins in one hand, including
How to bridge the reins.**

Pony Club Venue:

Date:

Rider:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Pony:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Topics and goals for session:

1. The rider to hold reins correctly in one hand including a bridge.
2. The rider to understand how to turn pony left and right when holding reins in one hand.
3. The rider to have the correct position when riding with reins in one hand.
4. To introduce a new school figure, arena language/protocol to riders.
5. To revise, integrate and consolidate previously learnt school figures, arena language/protocol.

Equipment needed and layout:

Arena with letters.

2 x drums (Pick up from one and put down on the other).

2 x mugs

2 x cones

1 x bean bag

4 x bending poles

8 x poles to build a maze

Introduction to session (key points):

- 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).
- Revise previously taught school figure, arena language/protocol.
- Revise how to hold the reins correctly in both hands.
- Explain how to hold the reins in one hand - single reins in one hand;
- bridge.
- School figure/arena language - Change rein using long diagonal;
- Ride in single file, 2 horse distance apart.
- Nominating a leader.
- Arena Protocol – Never overtake, except a walking rider on the inner track – turn and circle away. Explain what the inner track is.

Gear Check (List gear to be checked): As per Gear Checking Rules for Pony Club.

- **Rider:** Clothing - Clean & correctly attired with appropriate Club uniform including safe boots & correctly numbered helmet;
Hair - Long hair tied back;
Jewellery - Check jewellery;
Fitness - Age of rider; weight of rider in comparison to mount.
- **Horse:** 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?)

Warm up activities and rider exercises:

Halt, walk and trot using upward and downward transitions, and large school figures, 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):

- Able to hold the reins correctly in one hand, including a bridge.
- Turn across the long diagonal and change rein.
- Ride in single file, 2 horse distance apart.
- Nominate and change leaders.
- Never overtake, except a walking rider on inner track – turn & circle away.

Key teaching points and demonstration method:

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

Explain and demonstrate how to hold the reins correctly in one hand.

- Pass right rein over to left hand.
- Hold it between your second and third fingers.
- Take the slack of both reins between your index finger and thumb.
- Riders arm that is not holding the rein hangs straight down from the shoulder against the body.

Explain and demonstrate how to hold the reins correctly using a bridge.

- Pass the left rein outside your little finger.
- Right rein between your thumb and first finger.
- Right rein lies over the left as they cross the palm of the hand.
- Rider's arm that is not holding the rein hangs straight down from the shoulder against the body.

Explain and demonstrate how to turn pony whilst riding with one rein.

- Look and turn your body to the direction you wish to go.
- Open your hand slightly towards the direction you wish to go, ensuring your Hand returns to the correct position when the desired result is achieved.

Demonstrate & walk through - Changing rein across the diagonal FXH / MXK.
- Riding in single file, 2 horse distance apart.
- Nominating and changing leaders.

Practice activities:

- At arena markers change from riding with reins in both hands to reins in one hand using both methods demonstrated. Ask for feedback of which way they prefer.
- Using all riders as leaders, practice changing rein across the long diagonal and using the different methods of holding the reins - (single reins in one hand; bridge).
- Using an obstacle course and riding with reins in one hand –
 - Pick up bean bag from one drum and place on the second drum;
 - Ride through a maze;
 - Dismount at first cone, lead pony to second cone and re-mount;
 - Remove mug from first bending pole, bend through poles and place mug on last pole.

Cool Down:

Long rein walk using school figures.

Session Evaluation and Summary:

- Riders to line up on centre line facing B or E.
- Discuss with riders what and how they felt - 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?