

LESSON PLAN 4 – Teach the rider to alter stirrups and girth whilst mounted.

<u>Pony Club Venue:</u>	<u>Date:</u>
<u>Rider:</u> 1. 2. 3. 4. 5. 6. 7. 8.	<u>Pony:</u> 1. 2. 3. 4. 5. 6. 7. 8.

Topics and goals for session:

- 1. The rider to have control of pony/horse.**
- 2. The have rider keep foot in stirrup iron when checking girth.**
- 3. The have rider keep foot in stirrup iron when altering stirrup length.**
- 4. To introduce a new school figure, arena language/protocol to riders.**
- 5. To revise, integrate and consolidate previously learnt skills, school figures, arena language/protocol into the lesson.**

Equipment needed and layout:
Arena with letters.
Parents or helpers to hold horses/ponies where needed.

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 skills, school figures, arena language/protocol – a good time to integrate and consolidate areas that have been causing problems.**
- Explain the importance of correctly altering the stirrups and girth for safety reasons - Why we have the leg forward when altering the girth;
- Why the rider’s feet are left in the stirrups;
- Having control of horse/pony.**
- Discuss when we should check our girth.**
- Discuss when we need to alter our stirrup length and why.**
- Arena protocol – Riders to walk on the inner track.**

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):

- Know how to correctly after the stirrups and girth whilst mounted.
- Correct arena protocol when riding at a slower pace – walk on inner track.

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).

Demonstrate the procedure for tightening girth with short points.

- Tightening the girth left hand side.
- Take the reins and whip in your right hand.
- With your foot in the stirrup bring your left leg forward.
- Lean down and put your left hand under the saddle flap.
- Tighten the buckles by pulling up on the points and using your thumb and forefinger to change the holes.
- Keep your foot in the stirrup and your hands on the reins to control the horse.

Long point girth – foot remains in stirrup and leg remains in normal position.

Demonstrate the procedure for altering the length of the left stirrup leather.

- Take the reins and whip in the right hand.
- Turn your knee away from the saddle and lighten the weight of your foot in the stirrup.
- With your left hand hold the spare stirrup leather and pull it upwards steering the buckle tongue out of one hole into the next with your thumb and fore finger.
- When the correct hold is found pull the buckle back up to the stirrup bar by pulling down on the inside of the leather.
- Never remove your foot from the stirrup or take your hand off the reins.

Webber stirrups must be altered unmounted.

Practice activities:

- Using parents or helpers practice tightening the girth whilst in line up.
- During warm up stop ride on a 20 m circle and individually ask them to check their girths - hold horses/ponies if necessary.
- During the lesson, or at the end or both, you can ask riders to individually alter their stirrups by putting them up a hole and then down a hole - hold horses/ponies if necessary.
- Whilst practicing the above try to integrate and consolidate a little more the previously taught skills and school figures/arena language that riders have been having problems with.

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 if they understood the correct procedure for altering the stirrups and girth whilst mounted – 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?