

LESSON PLAN 7 – Teach the rider to rise on the correct diagonal and change diagonals.

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. To teach the rider to rise on the correct diagonal.
2. To teach the rider to change diagonals.
3. Rider able to know which is the correct diagonal (ie. left or right)..
4. Rider to know the importance of diagonals - why.
5. To introduce a new school figure, arena language.
6. To revise, integrate and consolidate previously learnt school figures, arena language/protocol.

Equipment needed and layout:

- Arena with letters.
- Cones placed at apex of 20 metre circle so rider can identify circle.
- Demo horse.
- Four Coloured bandages (2 each of a different colour).
- Two different colours of chalk or tape.

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 skill, school figure, arena language/protocol.
- Discuss footfalls of trot, how many beats and period of suspension.
- Why is it important to be on the correct diagonal – working evenly, balance and rhythm.
- Use one rider as the horse and one as the rider and demonstrate the `rising`.
- School figure/arena language – Change rein out of the circle (follow the figure of eight from C or A).
-- Turn down the quarter line (3/4 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):

- Rising, and changing onto the correct diagonal.
- Change rein out of the circle (or from C or A follow the figure of 8).
- Turn down the quarter line (3/4 track).

Key teaching points and demonstration method:

Demonstrate using one rider out in front of group and ask riders questions to keep them alert and interested.

- Use a demo horse that has each diagonal pair of legs bandaged with a different set of coloured bandages so that riders can see where the legs are positioned when trotting, and explain the 2 beats and period of suspension.
- Explain that the outside shoulder of the horse should come forward when the rider is rising. This can be demonstrated by placing different coloured chalk or tape on each shoulder of the horse.
- Explain how to change from one diagonal to the other (ie. sit for two beats).
- Discuss the correct time for changing diagonals when completing school figures (eg. change rein out of the circle; turn across the diagonal and change rein etc) – change 3 strides before end of diagonal line or centre line, and before crossing centre line when changing out of the circle – balance needs to be maintained.

Practice activities:

- Have riders walk in single file, one horse distance apart. Get each rider, one at a time, to trot from the front of the ride to the back. Ask them to identify if they are on the correct diagonal and, if not, get them to change.
- Play 'Follow the Leader' game – switching leaders. Use 20 m circles (change rein out of the circle), across diagonal line, up centre line etc. Focus on when to change diagonal (ie. 3 stride rule).
- Practice changing rein out of the circle (or following the figure of eight from C or A; and turning down the quarter line (3/4 track).

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 skills taught on how to rise on the correct diagonal and how to change diagonals – 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?**