

Show Jumping

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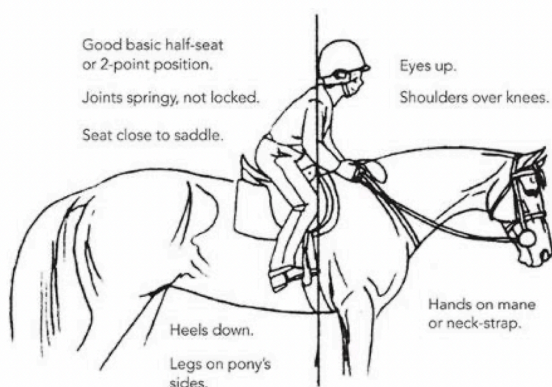
Lesson Plan

Purpose - Demonstrate how one exercise can be used to coach and challenge a range of levels

Warm Up

I always base my warm up on Position and Control, I prefer to work the whole ride together in the warm up, if safe. This way they are all doing something for a part of the lesson and not standing waiting the whole lesson.

- Transitioning from 3 point to 2 point and back over a set number of strides in walk, trot and canter. Riders need to be able to be balanced in both positions and easily maintain balance changing between the 2.
- Transitions, including halt



Half-seat or 2-point position.



Three point position

Exercise - 3 jumps 4 strides apart

This is a great exercise as it can cater for all levels (favourite of the Irish Jumping Squad, look up Horse Sport Ireland on you tube for videos) start out by focusing on the basics of Line, Rhythm, Tempo, Balance and Position. It is great for training riders to make subtle adjustments required to keep the canter consistent as generally horses find the second distance shorter. The exercise can then be made more technical by altering the stride between the jumps/poles. Easier is 4 strides to 4 strides, 5 strides to 5 stride, 5 strides to 4 strides and hardest is 4 strides to 5 strides. For ponies adjust the numbers to suit the pony.

- Start the exercise at an appropriate height and pace, usually trot to assess control and position
- For this exercise I start by focusing on Line, Pace and Position,
- At the lower levels I don't put too much emphasis how many strides are done, just Line, Pace and Position
- The first time in canter I use to assess the horse/pony's length of stride, so going forward you can be realistic about the number of strides they are safely capable of doing.
- Once they can get down the exercise maintaining Line, Rhythm, Tempo, Balance and Position then you can start to talk about counting strides and working on numbers of strides.
- It is also important to incorporate coaching about the turn, the approach, the take-off, the landing and the departure

Going Forward

- I like to add some individual fences and then if you have time make a small course. You also can incorporate the turn, the approach, the take-off, the landing and the departure.