

Exercises/Games to Practise the Application of the Aids

Exercise 1:

1. Place four pairs of parallel poles around the arena. Work ride in open order. Individually riders have to halt between the poles. They may choose which order to do the poles, but may not follow one behind each other.
2. If the riders are competent they can have to use each set of poles from each direction, so they will have made eight halts.
3. This exercise can be down in trot for slightly better rider.
4. The above exercise can be used in canter for C+/B riders.

Exercise 2:

1. Ride as a ride in walk, first rider makes a small circle to the rear of the ride in trot, as s/he reaches the rear of the ride s/he shouts 'Go' and the next rider starts the exercise.
2. There is added value to this exercise if they ride without stirrups as it ensure that they make the circles small, so they are practising more transitions and not getting bored.
3. This exercise can be ridden in cater by C+ and above.

Exercise 3:

1. Ride makes a small circle in trot around the instructor; individually the riders come out of the circle to the outside, canter around the ride and return to their place. This exercise is suitable for quite useful C Test riders.
2. B Test riders as above but with reins in one hand, or ride the exercise in walk trot for younger, less experienced members.

Exercise 4:

1. Work ride in open order. Individually riders turn down the centre line, they must say the aids out loud to circle, on having shouted out the aids they can then make a ten metre circle and continue down the centre line.
2. This exercise is suitable for all ages and stages, depending on whether you work in walk, trot, or canter. Whether the circles are all on one rein, or two circles on differing reins on the centre line, and whether you change direction at the far end of the centre line.