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RING FIGURES FOR BETTER CONTROL

D-2

FOR APROX: 6 STUDENTS

1 HOUR

ENCLOSED ARENA

ASSISTANTS: To hold ponies as needed

EQUIPMENT NEEDED: dressage letters or cones

REFERENCES: D Level Pony Club Man. Page 56. You should have studied the material to be taught thoroughly before teaching.

PRE –LESSON PROCEDURE:

- A. SAFETY CHECK
- B. WARM-UP Walk, trot and halt
- C. REVIEW AND EVALUATE Go over last lesson. Make sure riders seem to be ready to do the planned lesson, if not practice previously learned skills that need to be improved.

LESSON:

- A. EXPLANATION: Have them walking during explanation. Today we are going to practice turns and circles. We will work on gaining better control and more accuracy, learning to remain on the “track” you decide on. You may study this in the “D Level P.C. Man.”, on page 56. At this point look around and ask if anyone has read about this in their P.C. Man. Suggest that they look at it at home after the lesson.
- B. DEMONSTRATION: Cover the aids used to control the pony and keep him on the chosen track. Use one of the students to demonstrate, while having the rest stand in a line to observe. Have demo student ride down side of arena and execute several turns at end of arena.
Always look up periodically to check to see if attention is wandering, if so address the student directly with a question and smile. Always ask if there are questions.
 - 1. your eyes look ahead to pick out your track
 - 2. your aids (legs and hands) make sure pony follow it
 - 3. think ahead and look where you want your pony to go
 - 4. use your inside leg to keep your pony moving and to keep him from cutting the corner`
 - 5. Use your inside rein to ask your pony to bend around the turn
 - 6. Use your outside rein to help bring your pony around the turn
 - 7. Keep outside leg back a little, to keep your pony’s hind legs from swinging out on the turn

- C. APPLICATION: Have everyone try to do what was demonstrated. Send off your student used for the demo with a smile and a thank you, as you move on to watch each student negotiate a turn . Now have everyone walk around the arena and ride into the corners a little deeper than they normally would while speaking to each to remind them of the aids they should be using. Have assistants help individuals, as you go to each student to ck progress. Be liberal with praise, such as “well done”, “good try”, “let us help you”, or “good job. I’m sure you have your own phrases. For those having difficulty, praise their efforts, and any improvements. Check on students that may be bored or fearful, try to encourage them and help them to have fun.
- D. CRITIQUE: Discuss performance and praise any effort or success. Show how to improve and what might work better. Focus on the positive. Not “ stop cutting your corner”, but “ try looking right into the corner until you are ready to turn” you can see a picture of it in your P.S. Man.”. Take a moment to see if everyone understands and is doing the exercise correctly. Ask them if they are staying straight on a straight line and riding into the corners.
- PRACTICE AND EVALUATION: Some may need more practice than others. At this point ask one of the stronger riders to lead the others in a change of direction by turning across the ring. You may need to place cones to help guide riders properly. Change where you are standing in the ring to draw attention to areas they need to focus their eyes on. The next step will be to turn down the centerline. Stress that the aids are the same for a turn wherever it is. Again a change of cone placement may be necessary. If this goes well introduce riding a 20 meter circle. Again proper cone placement will help them to visualize riding a circle.
- A. SUMMARY: You may have everyone halt, or if they’re restless continue walking as you recap the lesson. Go over:
1. The purpose of todays lessons
 2. The aids used for riding a turn
 3. The 3 types of turns; corner, center line, and down center line
 4. Riding the circle
 5. Riding straight on a line
 6. Praise each student for something they did well, whether and exercise, a good attitude or helping another

G. HOMEWORK OR PRACTICE ASSIGNED: remind them to look up at home, in their manual, pg 56, to see the pictures and explanations of todays lessons. Maybe they could make a drawing of the exercises. Thank everyone for coming; students, parents and assistants. Ask everyone to thank the land owner or facilities director. Tell them how much you enjoyed teaching them.