

LESSON PLAN

Lesson topic:	Learning canter leads		
Skill level of riders: Eg. D/D* rid	D, D* – Beginner to Novice rider		
Discipline:	Flatwork/Dressage	Lesson length:	30
Equipment Needed	Safe riding arena Witches hates to assist in shapes and interest. Coloured bandages for demonstration Pole	Pre Class	Safety check of riding area Instructor Introduction Confirm lesson duration Check for rider medical ailments or special needs Gear Check for safety Emergency Stop Procedure

Sequence	Duration	Activity	Note
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Goals/ Explanation		To identify canter lead To learn to maintain canter	*Rider must be able to walk and trot independently and have enough balance to advance to canter
Warm Up	5 Mins	Long rein walk Short rein walk – ensure all rides have control of horse and can stop Transition up and down from walk to trot and test control	
Activity Execution		<p>Introduce canter explanation as a 3 beat pace. Can start riders at a walk counting 4 beats, then transition to trot and get them to count 2 beats to understand that canter then has 3.</p> <p>Explain that the canter lead leg is the one that stretches forward with each stride and that the horse will be balanced if this is the inside leg.</p> <p>Rider to look at inside shoulder – down eye movement only, not leaning forward. All riders must remain upright and sit back during canter. Remember slow down and stop aids.</p> <p>Discuss all aids and the pressure and release theory. ie Check position, pressure inside leg in front of girth, outside leg behind girth, forward with hands to remain soft.</p> <p>Start on corner of arena as it's easier to obtain correct lead. On returning to trot, rider to rise immediately.</p>	Riders should not use whip when learning to canter. Also ensure riders give clear pressure, and not “flap” their legs consistently. Explain how this can make the horse dull.

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		<p>Practice Activities:</p> <ol style="list-style-type: none"> 1 Canter single file, one rider to attempt a time and canter to the back of the line. 2. Single rider in arena at a time, identifying canter to the group. 3. Ensure canter obtain in corner, place pole in corner asking pony to move over pole as rider requests canter 4. If group is able to maintain control, canter as a group with at least 2 horse paces in a circle. 5. Extension – transitions up and own – canter figure of 8, 20 metre circle with direction change at X with a simple trot change in between. Once competent, shorten the simple change to 3 strides. 	
Cool Down		<p>Walk at collection – move to long rein walk. Encourage hand position to be maintained at long rein walk. Reward ponies and riders</p>	
Summary Feedback and Questions	<p>This can be done during cool down Ask a mix of open and close questions to each rider to assess their understanding. Summarise the lesson (tell riders what you have taught them) Give positive feedback and maybe some homework. Ask rider if they have any question or how did they like the lesson. Thank riders and dismiss safety.</p>		

Arenas - Flat lesson

