

Introduction to pole work



Straight line poles-

- 4-8 poles
- 3/4 'fairy' steps apart
- Progress by raising every other pole (raised same side)
- Raised poles should initially be around 20/30cm before progressing to 60cm.
- 6 x reps on both reins



C to A poles-

- 3+ poles
- ¼ or ½ line placement
- Starting with shallow loops and progressing to a leg-yield movement
- Horse must step across with limb closes to pole first
- Gradually increase the number of times poles crossed
- Poles can also all be raised



Zig-zag poles-

- 5+ poles
- Around 45 degree angle
- Aim for middle of the poles
- 6x reps per rein
- Poles can be raised at 'v' points