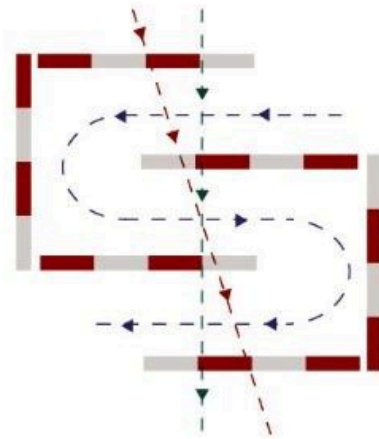


Introduction to pole work-part 2



Straight line poles (progressed)-

- 4-8 poles
- 4 'fairy' steps apart
- Raise every pole (raised alternate side), knee height.
- 6 x reps on both reins
- Aim for middle of the pole



Maze exercise-

- Minimum 6 poles
- Over poles (2 or 4 etc)
- Between poles- guide your horse through the maze, maintaining momentum and encouraging bend through the body (not just turning head and neck).



'Y' poles-

- 6+ poles
- Can be set at walk, trot or canter distances
- Aim for middle of the poles
- Turn left or right, can be ridden from A and C.
- Poles can be raised or add more poles to increase difficulty