

Eventing C Mounted Lesson Plan

TITLE: CROSS COUNTRY START BOX PRACTICE

OBJECTIVES

Long Term Goal: Riders and their mount will be able to enter and leave a start box in a competition setting in a calm and safe manner in order to get off to a successful start.

Short Term Goal: Riders and their mount will develop and practice a set routine for a safe and calm start in the open.

EQUIPMENT NEEDED:

Any area, open preferable. If necessary, “create” a start box using poles and standards. If possible, have a few jumps placed out away from the “box” so that the rider and mount can actually move out of the box onto a “course”, stop watch or wrist watch with second hand. Assign a parent or another Pony Clubber observing as the “start” official. (Good side-point of this is that you may be training a future “starter volunteer” for an event!)

AGE & RATING OF STUDENTS:

D3 – C2; age 10 and up

What (Phases)	How (Exercises, system, games)	Why (Goal Setting)	Time (Estimates can be adjusted)
<i>Intro/ Welcome</i>	Game or Method: Welcome riders, let them know that they will be developing and practicing a routine to use in a start box of a Horse Trial. Point out that routines such as this can be useful at any show or stressful situation.	Teacher’s goal: Meet riders, set expectations. Point out that by developing a set routine, both the rider and the horse have a calming “this is just what we do all the time” experience to lean on.	2 min
<i>Warm-up</i>	Game or Method: Warm up the group in the open, if available. Focus on repeated transitions and stride adjustments. If there is undulating ground available, utilize this in the warm-up.	Mental/Physical Prep Conditioning and adjustability are important for the Event horse. Practicing this in the warm up will hopefully give the riders some tools to use at home.	10-15 min
<i>Feedback</i>	Question/Sharing Make sure that everyone is ready. See if any rider has questions or if clarification is needed. Have all riders walk their horses through the box a few times before practicing the start routine.	Teacher’s Assessment Check for understanding; walk-through practice. This can be a good time to review the HT rules about the start box.	2-3 min

<i>Transition</i>	<p>Practice or one time around to get idea of lesson/game, relax</p> <p>Have each rider follow a set routine:</p> <ol style="list-style-type: none"> 1) 1 minute ahead until 15-30 seconds, walk around the box 2) At about 10 seconds, slowly walk into the box and stand for a moment. If you entered from the front of the box, turn around at 10 seconds. 3) When the starter says “Go” or “Have a Good Ride” walk, then trot and then canter out of the box. <p>Practice having riders go into the box every 1 or 2 minutes. Repeat until everyone is able to do it smoothly and in a timely manner.</p>	<p>Cement for lesson</p> <p>Practicing the timing will help the riders to realize just how long a minute or 30 seconds actually is in life. Stress the importance of taking the time to be relaxed. If a handler is needed to lead a horse in. The handler needs to know that the main thing is to keep it all as calm and loose as possible. If the horse wants to move forward, let him. Grabbing the reins and pulling gets the horse upset and causes them to go up if they can't go forward.</p>	10-15 min
<i>Lesson</i>	<p>Game/Method to teach Goal:</p> <p>After the initial “start” is going smoothly, the riders can then “start” and actually go on to jump the “course” that has been set up.</p>	<p>Achieve Goal</p> <p>All riders will be able to follow the routine described and complete at least 1 - 2 jumps following the start.</p>	15 min
<i>Conclusion/ Feedback</i>	<p>Slow paced game/activity while teacher & students ask/answer questions</p> <p>Review how the start box is a quiet place to away from warm-up in a show to for the horse and rider to “get it together”. Concentrate on the course ahead. Arrive at the box 1-2 minutes before the actual start time. Have a “handler” available if you need a lead into the box.</p>	<p>Check for understanding and/ feedback for next lesson</p> <p>Riders can each state a key point or practice that they are going to follow from the exercise as a way of checking what they learned.</p>	5 min