

Dressage C Level Mounted Lesson Plan

TITLE: *ACHIEVING FREE FORWARD MOVEMENT THROUGH RIDING WITH LIGHT AIDS*

OBJECTIVES

Long Term Goal: Riders will be able to maintain free forward movement in all three gaits.
 Short Term Goal: Riders will make his/her pony more responsive to light aids in upward and downward transition.

EQUIPMENT NEEDED

Enclosed riding arena of suitable size for the number of students in the lesson (preferably a flat, level surface). Arena needs to have 6 to 8 markers, either cones or dressage letters. Cones may also be placed as “gaits” in different places in the arena.

AGE AND RATING OF STUDENTS

Appropriate for students approximately 11 years of age or older and D3 rating and above.

What (phases)	How (exercises, system, games)	Why (goal setting)	Time (estimates)
Intro/ Welcome	After introductions, ask riders to describe the responsiveness of their horse to the aids, and if their horse is lazy, quick or just right.	To allow the instructor to determine the riders' ability to assess his/her own mount.	(Est. 5 min)
Warm-up	Instruct the riders to take the next 10 to 15 minutes to do their normal warm-up routine that is appropriate for his/her mount. Ask the riders to include at least three transitions in each direction.	During this time the instructor can determine if they agree or disagree with the information each rider provided in the introduction.	(Est. 10-15 min)
Feedback	Bring riders to center and check how each feels about his/her horse's responsiveness today and whether the horse is lazy or quick, or just right.	Allows the instructor to see if what the riders describes is what the instructor is seeing and how each rider uses his/her aid system.	(Est. 5 min)
Transition	Have each rider perform one trot/walk/trot transition on a long side at three designated places (either using letters or cones).	Prepares riders for the lesson to begin.	(Est. 1-3 min)
Lesson	<ol style="list-style-type: none"> 1. Explain how teaching our horse to be more light and responsive to our aids will help our horses move more freely forward. 2. Discuss how to properly ask for upward and downward transitions. 3. Have rider's perform a variety of transitions around the arena at designated areas (walk/trot/canter as appropriate). Coach riders in getting horses more responsive and light using correct aids. 	<p>Recognizing and establishing free forward movement will prepare the riders for his/her further ratings. In addition, the horse and rider will work in better harmony together.</p> <p>Explain how transitions are the key to making horses balanced, to develop thrust/carrying power, and lightness in the bridle.</p>	(Est. 30-40 min depending on size of group)

	<p>4. Recognize horse/rider combinations that are moving freely forward and are demonstrating proper transition with light aids.</p> <p>5. Note that breaks may be given and a few may perform at a time while others learn through observation.</p>		
Conclusion/ Feedback	<p>While riders are walking and cooling out, have an open discussion and ask for each rider to give input on how the lesson was helpful. Did they achieve free forward movement today by getting his/her horse more responsive to the aids? Ask if the riders they can repeat this at home and explain how. Each horse/rider combination may lead further discussion.</p>	<p>Check that each rider has understood the process he/she went through to obtain lightness of the aids and whether they could recognize free forward movement in his/her own mount or others they observed.</p>	(Est. 5-10min)