

Pole Work Exercise 2

Suitable For:	Lead Line & Upwards
Set Up:	<ul style="list-style-type: none"> place up to 5 poles across the quarter lines approximately 3m apart place 2 pairs of cones at the start and end of the poles to ensure that riders start and finish straight
Activities:	<ul style="list-style-type: none"> riders to weave in and out of the poles - make sure the riders use the correct turning aids and not just leaning to one side depending on the number of riders this can be done at a relay game or as a circuit
Variations:	<ul style="list-style-type: none"> weave in and out on the way out and trot over the poles on the way back depending on the number of riders, turn across the school as a ride and change the rein. The poles will help guide the riders and keep spacing more regular.

