

Pole Work Exercise 4

Suitable For:	First Ridden & Upwards
Set Up:	<ul style="list-style-type: none"> • cones at the tangent points of 20m circles • a pole placed between the cones to help riders maintain the shape of the circle
Activities:	<ul style="list-style-type: none"> • 20m circles in walk and trot • if competent in canter (best to do one at a time) • figure of eight in walk and trot
Variations:	<ul style="list-style-type: none"> • riders to count the number of strides between cones • remove the cones and reposition the poles at right angles to the circle at the tangent points i.e. the poles form a cross inside the 20m circle • use the stripes on the poles to ride 15m and 10m circles.

