

## Pole Work Exercise 5

<b>Suitable For:</b>	D* and Upwards
<b>Set Up:</b>	<ul style="list-style-type: none"> <li>• position 6 trot poles across the centre line but more to the right</li> <li>• move every other pole to the left</li> <li>• poles should over-lap by half a pole length - longer poles help</li> </ul>
<b>Activities:</b>	<ul style="list-style-type: none"> <li>• trot the poles down the centre line</li> <li>• canter down the left hand side turning to the right and vice versa</li> </ul>
<b>Variations:</b>	<ul style="list-style-type: none"> <li>• approach trot poles in canter but come back to trot at the cones, canter away</li> <li>• approach canter poles in trot and pick up canter at the start cones and come back to trot at the finish cones</li> <li>• if you have a group of riders on horses and ponies you may need to build 2 sets of poles on each of the long sides of the arena to accommodate different stride lengths.</li> </ul>

