

Pole Work Exercise 6

Suitable For:	D* and Upwards
Set Up:	<ul style="list-style-type: none"> • position 4 poles, 2 at right angles to the letters B & E and a pair of poles over the centre line at a forty five degree angle to form a virtual course • best to use 4 different coloured poles to help the riders remember the order of the poles
Activities:	<ul style="list-style-type: none"> • as a ride (4 to 6 riders max) trot the course a few times to establish flowing turns • trot the course in reverse i.e. pole 4 first
Variations:	<ul style="list-style-type: none"> • individually canter the original course with simple changes of canter • individually canter the reverse course • add start and finish cones and time each rider adding time for "ugly" turns and incorrect leads.

