

Pole Work Exercise 7

Suitable For:	C and Upwards
Set Up:	<ul style="list-style-type: none"> position 2 poles on the long side of the arena 21.05m apart (or 5 non jumping strides)
Activities:	<ul style="list-style-type: none"> to count the number of canter strides as a ride and individually - is there a difference and why? shorten to canter to produce 6 or 7 strides between the poles or lengthen to only fit in 4 strides work on both reins and again note any differences
Variations:	<ul style="list-style-type: none"> place a cone opposite E on the quarter line in canter, ride from the pole towards the cone and back to the pole staying balanced and without changing leads note the number of canter strides (more than 5?) - the importance of line in show jumping.

