

Pole Work Exercise 1

Suitable For:	Lead Line & Upwards
Set Up:	<ul style="list-style-type: none"> place 4 poles at A, E, C & B about 1.5m from the arena edge (this allows room for the leader of the pony) place 4 cones in the corners to help the riders to ride a corner and not cut in.
Activities:	<ul style="list-style-type: none"> check the brakes - halt at each pole move between walk and trot at the poles (trot can be rising or sitting) practice mounting and dismounting - the pole will help the pony stay straight and any movement is more noticeable.
Variations:	<ul style="list-style-type: none"> move the poles at B & E out onto the quarter lines practice halting over the poles introduce trotting over these poles.

