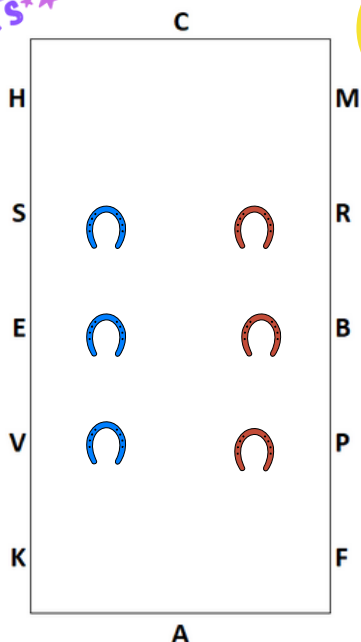




Frozen - Juniors 2023

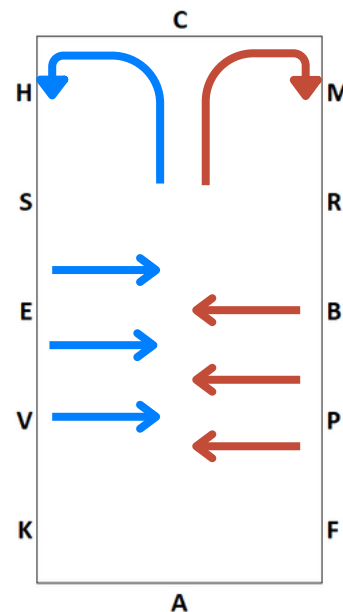
Only canter if safe, leaders must be competent

1



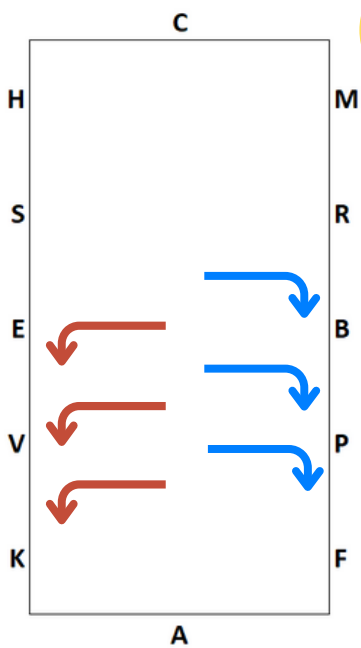
Organise into pairs.
Discuss spacing and behaviour of horses

2



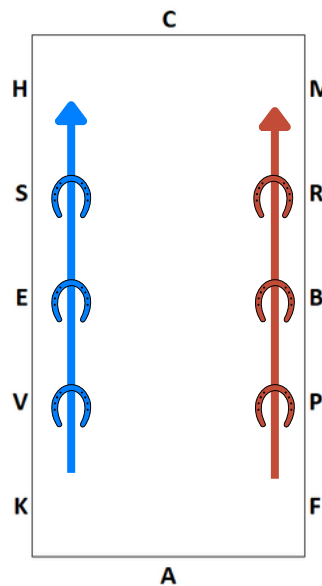
Left / Right rein
Turn onto C Line.
Filing opposite ways, body of rider on C line.

3

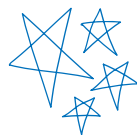
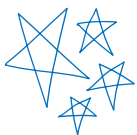


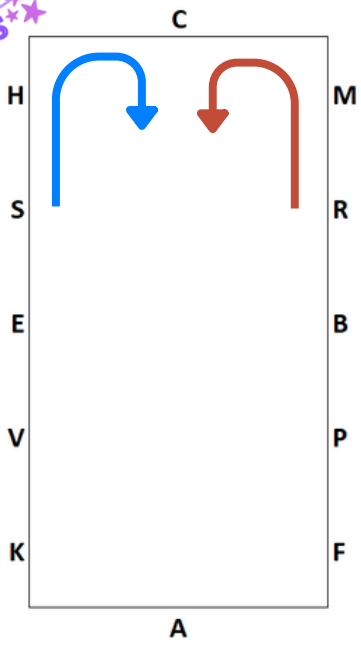
Walk to track and file left and right.
Left to left at A

4

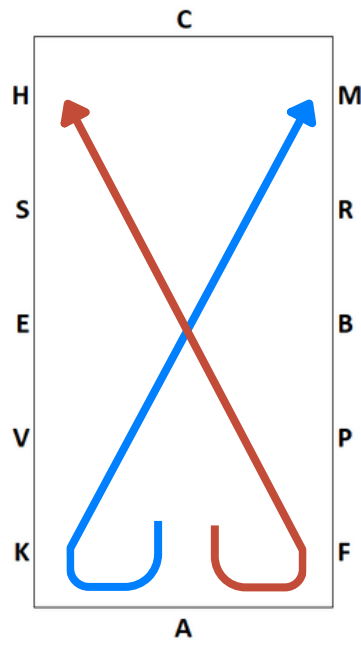


Check for each other across school





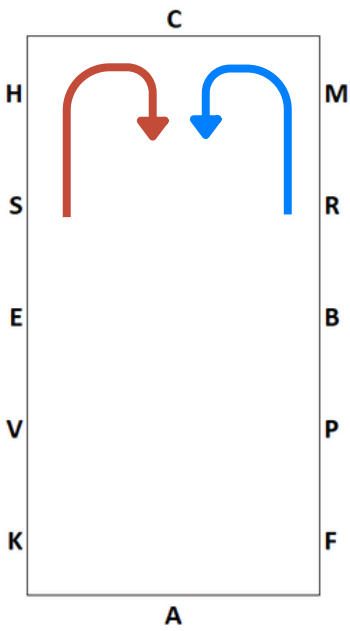
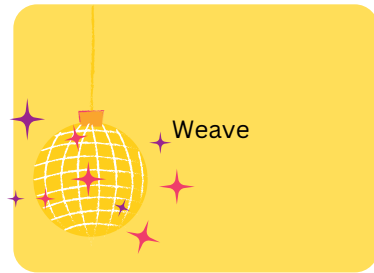
5



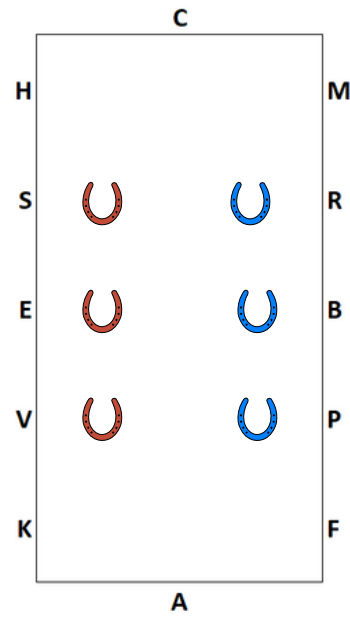
6



Down C line in pairs



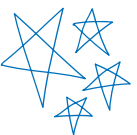
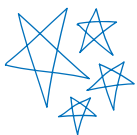
7



8

Down in pairs

Halt



Warm up routine

Choreography by Anna Hawkins



Walk stretch for 5 mins, check tack - ask riders to adjust

Warm the horses up walk trot (and canter if safe) on both reins

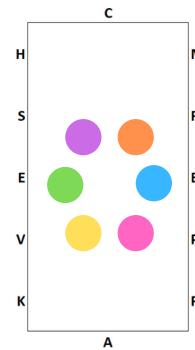
Talk through session plan

Make minor adjustments



For rider warm up, put all riders on circle around you at X, maintaining safe spacing

Change rein between exercises



HEAD

Chin to chest, look up x6
Ear to shoulder L/R x6
Look L/R x6

Breathing:

Put on a track they all know the words to and get them to sing as a group while riding

SHOULDERS

Up & down x6
Circle forward/backward x6

ARMS

Circle backward/forward each side x6

Arm into middle and trot if safe

