

Online HorseCollege



Student Workbook

3.T.22 Half Arena

www.OnlineHorseCollege.com

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Half Arena 3.T.22 Workbook

Students are to complete 3.T.17-20 teaching online assessments prior to attempting 3.T.21-24 and to follow all recommended safety considerations.

Practical assessments for 3.T.21-24 are as follows

- A) 3.T.21 Small Arena
- B) 3.T.22 Half Arena
- C) 3.T.23 Full Arena
- D) 3.T.24 Final Summary

These assessments incorporate the following unit from the SIS30710 Sport Industry Training Package which include the listed elements

SISSEQS303A teach the fundamental skills of riding

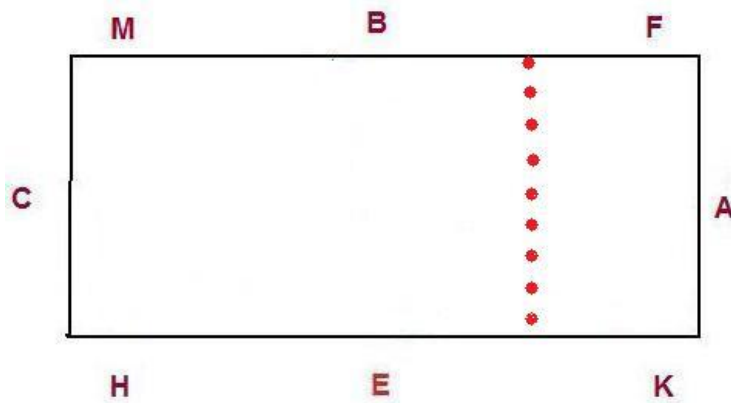
SISXRSK301A Undertake risk analysis of activities

Further information about this assessment is available at www.training.gov.au

Half Arena Introduction

A half arena is any that is greater than 20x20m in diameter but less than 20x60 metres in diameter. This type of arena will allow the rider more freedom to practice a larger variation of figures and exercises by gradually introducing them to the full sized arena; it will also progressively test the rider in the degree of control they have in influencing the horse.

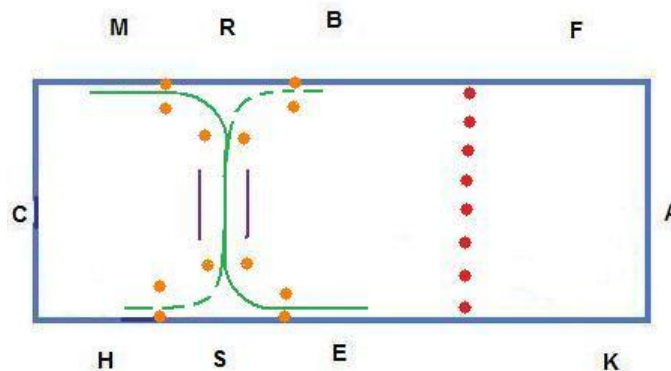
To adapt a full sized arena making it into a half sized arena cones, markers or some kind of visual barrier can be used to section off the area you want to teach in. If a visual barrier is used then you need to make sure that it is not inviting for the horse to jump (i.e., too low) such as cavaletti and that the horse cannot duck under it and knock off the rider (i.e., too high) for example high jumps. Witches hats, bending poles, trot poles on the ground, jump wings (without cups) and plastic jumping blocks are all safe and suitable options for sectioning off part of an arena.



Teaching Change Rein across the Arena

Changing rein across the arena is beneficial for the rider in that it promotes further co-ordination of the aids, preparation of the aids and the horse and encourages refining of the aids. For the horse it encourages looseness, suppleness and straightness as the horse changes position from one corner onto the next. For experienced riders changing rein across the arena presents the opportunity to develop further skills in influencing the horse through bend and flexion.

Cones and markers need to be set wide enough to accommodate the size of the horse and the rider's level of ability. Because the number of markers used can become confusing it may be useful to use different colours or types to help guide the rider. Trot poles across the centreline are good for reminding and encouraging the horse and rider to travel straight as they move from the first corner to the second.



In the diagram above the red dots represent where the arena has been sectioned off for the lesson, trot poles (purple lines) have been used to guide the straight section between the turns and markers (orange dots) indicate where the turns/corners begin and finish.

It is important to make your warm-up relevant to the content of the lesson for example practicing the exercise in walk can be used to prepare horse and rider or accurately riding corners on the outside track to practice for accuracy in the corners and turns across the arena.

The rider will be required to change their trot diagonal as they cross the centreline. However if the rider has particular trouble in navigating their horse along the correct line whilst checking/changing their trot diagonal the exercise can be slightly modified so that the diagonal is checked/changed after they have performed the second corner and changed rein (e.g., so if a rider had just ridden the second corner in the above diagram putting them onto the left rein they could change their diagonal at M or C). Then once the rider has refined the exercise of changing rein across the arena and can recognise and correct their diagonal quicker the two skills can be brought back together (i.e., changing diagonal as they cross the centreline).

Change Rein across the Arena Troubleshooting

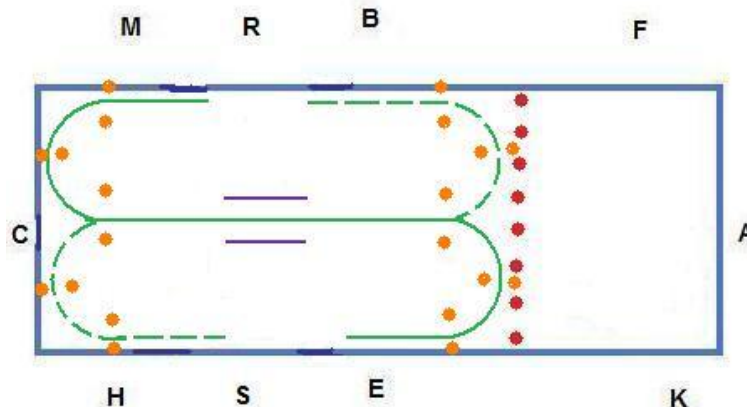
Common Problem/Fault	Possible Solution
The rider cannot get the horse to turn away from the outside track to go across the arena.	Observe how the rider is using their aids and make any relevant corrections. Check the length of the reins and suitability of the horse for the exercise.
The change of rein across the arena looks more like a diagonal line then two corners/turns.	Extra markers can be used to provide more guidance through the corners. Practice at a slower pace. Check the length of the reins. Revise riding through corners and then retry the exercise.
The rider consistently forgets to change their trot diagonal as they change direction.	Use distinguishable markers to indicate when the rider must change their trot diagonal.
When the rider does remember to change their trot diagonal they loose the line and miss markers.	Practice the two skills separately (i.e., spend time working on changing trot diagonals or changing rein across the arena) then when the rider is more confident and capable put the two skills together.

Teaching Change Rein down the Centre Line

The horse and rider benefits for learning and practicing changing rein down the centre line are very much the same as for changing rein across the arena. For the rider who has aspirations of competing in the sport of dressage being able to ride a good quality centre line is important in dressage tests as this movement is required upon entering and before exiting the arena (changing rein across the school is also used in dressage tests sometimes on its own and other times incorporated into a figure of eight).

The difference between the two changes of rein in this workbook is that when turning on and off the outside track when changing rein across the arena the turns/corners will be that of a quarter of a 10m circle. When turning onto or off the centre line turns/corners will be the size of half a 10m circle not two corners (i.e., two quarter of a 10m circle turns). A half 10m circle is much less demanding to ride for horse and rider than two corners (and is certainly not required at this level).

The length of area that the rider must keep the horse straight is longer so more markers or trot poles may be needed for assistance.



The above diagram illustrates how cones, markers and poles can be used to guide the rider in the line to be ridden. Trot poles (purple) guide the rider along the centre line whilst markers (orange) indicate the start, finish and width of the half 10m circles. Again the red dots indicate the sectioning off of the arena.

Trot diagonals can be changed at (for example) I or if you are using sitting trot, once the rider is on the new rein.

Teaching Change Rein down the Centre Line (cont.)

A lesson on riding centre lines can be potentially boring for more accomplished riders however there are ways to make riding a centre line more challenging. One way is to get the rider performing various transitions as they ride down the centreline. By performing upwards and downwards transitions the rider will be required not only to maintain the line but regulate rhythm and tempo.

Another option is to have the rider perform the whole exercise in sitting trot (sitting trot tends to be harder to maintain on straight lines).

When sectioning off the arena make sure the rider is aware of the boundaries to where they can and cannot go, don't presume that they (or the horse) will understand for example that the row of witches hats across the arena is an imaginary wall they should not cross.

Change Rein down the Centre Line Troubleshooting

Common Problem/Fault	Possible Solution
The rider cannot get the horse to turn away from the outside track to go down the centre line.	Observe how the rider is using their aids and make any relevant corrections. Check the length of the reins and suitability of the horse for the exercise. Return to a slower pace.
The half circle onto or off the centre line lacks quality and shape.	Observe how the rider is using their aids and make any relevant corrections. Check the length of the reins. Return to a slower pace. Practice complete 10m circles.
The horse slows down in the half 10m circles.	Make the relevant corrections to encourage the rider to maintain rhythm and tempo through the turns.
When on the centre line, the line ridden becomes wobbly.	Encourage the rider to keep the horse moving actively forward. Ensure the rider keeps even contact with the horse on both reins and both legs.
The rider consistently forgets to change their trot diagonal.	Use distinguishable markers to indicate when the rider must change their trot diagonal.
When the rider does remember to change their trot diagonal they loose the line and miss markers.	Practice the two skills separately (i.e., spend time working on changing trot diagonals or changing rein down the centre line) then when the rider is more confident and capable put the two skills together.

Extension Lesson

Prepare a lesson plan for teaching a rider how to change rein across the arena and another for changing rein down the centre line. A lesson plan template can be found at the end of this workbook.

What other benefits are there in riding change rein across the arena and down the centre line for:-

Horses?

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Riders?

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Recommended Reading

Publication:-

The Principles of Riding

Author:-

German National Equestrian Federation

References

Publication:-

The Principles of Riding

School exercises for flatwork & jumping

Author:-

German National Equestrian Federation

Eleanor Ross

Name:
Student Number:

Fantasy Saddle Club
StudyHorses.com

Fantasy Saddle Club Lesson Plan

(To be prepared in advance and discussed with Coach Educator before each lesson)

Unit No: Subject: Level of Students:

Number of Students: Support Personnel:

Facilities:

Equipment/Resources:

Introduce Self ✓ Check Disabilities ✓	Introduce Subject ✓ Check Experience ✓	Check Gear ✓ Establish Control ✓
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Explanation - What: • • • • • Reference:	Explanation - Why: • • • • • Reference:	Explanation - How: • • • • • Reference:
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Demonstration - Who: What:

Relevant Warm Up:	Progression to Lesson Plan (Map on back of page): (Include Class Formation, Changes of Rein and Position of Coach)
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Fantasy Saddle Club Lesson Plan

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Potential Problems:	Corrections:
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