**Session Plan for:** Lungeing your horse

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| Name |  | Level | Platinum |
| Topic | Lungeing your horse | Lesson | 1 |
| Subject | Lunge demonstration | Location | Arena |
| Resources & Requirements | One horse tacked up for lungeing, safe lungeing area, correct PPE for participants |

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| Time | Activity |
| *10 mins* | Introduction: Recap correct tacking up procedure including skipping out, grooming, checking side rein lengthAims: To exercise the horse on the lunge  To identify when the horse is working actively To demonstrate good lungeing techniques |
| *50 mins* | **Activity:** 1. Discuss reasons for lunging and techniques or exercises used. What to look for in a horse that is working actively

Coach to **demonstrate** good lungeing technique:1. Warm the horse up, ask group to observe and make notes on how they think the horse is moving. Over tracking in walk, tracking up in trot, moving actively? Is there a difference on each rein?
2. Discuss any observations the group make about how the horse is moving. *Canter can be used as part of the warm up – how does it affect the trot work? Discuss why canter can help horse loosen up more than trot work*
3. Attach side reins – reminder to group about how to check the length. Discuss the desired ‘frame’ of the horse, stretching into side reins, nose on or in front of vertical. Can the group see a difference in how the horse moves with the side reins on?
4. Point out signs that the horse is working actively –muscles over back moving, tail held out, energy in step. Include how to tell if the horse is balanced – not rushing, forging, straightness
5. Demonstrate how the position of the handler can influence the horses reaction
6. Cool down – is there a difference in the horse length of stride in walk, does he stretch head and neck down when side reins are taken off?

At this level the participants should be confident with the lunge line control and their lungeing technique. They should be able to focus more on how the horse is working in walk and trot and begin to recognise and influence the level of activity within the pace. |
| *10 mins* | SUMMARY Discuss the horse lunged, where there any issues, what did the group observe?Signs to look for when lungeing that tell you the horse is workingDiscuss what the aims of the next session will be. |
| PROGRESSIONGroup to lunge focussing on activity of the horse |

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**Session Plan for:** Lungeing

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Lungeing your horse | Lesson | 2  |
| Subject | Lungeing | Location | Arena |
| Resources & Requirements | Suitable horses, safe lungeing area, lungeing equipment |

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| Time | Activity |
| *10 mins* | INTRODUCTION: * Allocate the participants into pairs/ small groups
* Participants to tack up for lungeing
* Lead horse to arena

Aims: To lunge horse in walk and trot focussing on the activity in each pace Make observations about how the horse is working |
| *50 mins* | **ACTIVITIES:** **Coach to assist as required**1. Recap on signs that horse is working actively
2. First participant to lunge the horse in walk and trot on both reins

**Coach to check side rein fit**1. Engage the group members observing in discussion about the horses they are watching including: speed, rhythm, activity, tracking up, over tracking
2. Compare horses in the session
3. Swap handlers as required through session, so each participant lunges and observes
4. Cool down and untack horses
 |
| *10 mins* | SUMMARY Give participants feedback Group discussion |
| PROGRESSIONPractise lungeing focussing on the activity of the horse |

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Lungeing your horse | Lesson | 3  |
| Subject | Lungeing practice | Location | Arena |
| Resources & Requirements | Suitable horses, safe lungeing area, lungeing equipment, ipad or similar for videoing session |

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| Time | Activity |
| *10 mins* | INTRODUCTION: * Allocate suitable horses to each pair or group.

Aims:Practice lungeing focussing on activity of horseVideo the session to allow group to watch the session back and look at how the horse is going and also their own lungeing technique and positioning |
| *50 mins* | **ACTIVITIES:** * Remind group about general lungeing position, techniques and what they are looking for
1. First participants to send horse out onto suitable size circle
2. Lunge the horse including warm up with no side reins
3. Encourage participants to focus on the activity in each pace
4. Support each participant to find an active trot
5. Help other participants observing assess how the horses are going
6. It would be useful to video this session and then watch it back in the classroom for evaluation. These can be reviewed in the next session – create action points for each participant. Then this session repeated.
7. Swap over
8. Cool horse down and untack
 |
| *10 mins* | SUMMARY Check participants are confident with what to look for Group discussionIndividual feedback |
| PROGRESSIONReview videos and create action points Introducing canter work |

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Lungeing your horse | Lesson | 4  |
| Subject | Cantering on the lunge | Location | Arena |
| Resources & Requirements | Suitable horse who can canter on lunge easily, safe lungeing area, lungeing equipment, |

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| Time | Activity |
| *10 mins* | INTRODUCTION: * Discuss why can be canter difficult for the horse on the lunge.
* Include: aids, balance, circle size, side reins, start on easier rein

Aims:To demonstrate canter transitions on the lunge |
| *50 mins* | **ACTIVITIES:** Coach to **demonstrate the following**1. Warm the horse up on both reins without side reins
2. Discuss the activity within each pace
3. Attach the side reins and work through walk and trot transitions
4. Vary the trot rhythm and tempo and talk about how this affects the ability to make a good canter transition
5. When appropriate introduce canter work on both reins. Talk about the aids to canter, circle size, any issues as they arise
6. Ask participants to observe what happens to the trot after the canter
7. Talk through any corrections you make and how to rebalance the horse
8. Unclip side reins and cool down the horse
 |
| *10 mins* | SUMMARY Group discussionQuestions |
| PROGRESSIONParticipants to practice canter work in lunge session |

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Lungeing you horse | Lesson | 5  |
| Subject | Canter | Location | Arena |
| Resources & Requirements | Suitable horses who can canter on lunge easily, safe lungeing area, lungeing equipment, |

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| Time | Activity |
| *10 mins* | INTRODUCTION: * Recap previous session including importance of large circle, handler positioning and aids, how long to canter for, rebalancing aids

Aims:To lunge horse in walk, trot and canter |
| *50 mins* | **ACTIVITIES:** * Split group into pair or threes
* Allocate horse for lungeing

**Start each participant at intervals so you can assist each one** 1. First participant to warm their horse up on each rein, focussing on activity in the trot
2. Ask participants to work on walk/trot transitions on each rein. Identify the rein the horse finds easiest.
3. Coach to assist each participant to make trot/canter transitions.
4. Engage the group observing through discussion of any issues e.g.wrong lead, disunited, rushing, falling out/in
5. Swap participants
6. Cool horses down and untack
7. This session can be repeated as required
 |
| *10 mins* | SUMMARY Discuss the session Individual feedback Repeat this session until all participants confident with the canter |
| PROGRESSIONContinue to practise canter work in a lunge session |

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Lungeing your horse | Lesson | 6  |
| Subject | Lungeing exercises - transitions | Location | Arena |
| Resources & Requirements | Suitable horses, safe lungeing area, lungeing equipment, |

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| Time | Activity |
| *10 mins* | INTRODUCTION: * Discuss different transition exercises that can be used when lungeing

Aim:To practice a variety of transition exercises |
| *50 mins* | **ACTIVITIES:** - Allocate participants into pairs/threes- Participants to tack up for lungeing- Lead horse to arena- Remind participants what they should be looking for in a good transition, help them to identify good and poor transitions and make the corrections. **Coach to support each participant**1. First participant to start lungeing

Introduce simple transition exercise such as:* Transition every circle
* Transition every half circle
* Ten steps walk ten steps trot

Transitions can be between walk, trot and canter 1. Swap over
2. It may be useful to video these session and review in the classroom in the following session.

Engage the participants observing in discussion about how the horses are going |
| *10 mins* | SUMMARY Individual feedbackGroup discussion |
| PROGRESSIONReview videosIntroduce new exercises  |

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Lungeing your horse | Lesson | 7  |
| Subject | Lungeing exercises – changing size of circle | Location | Arena |
| Resources & Requirements | Suitable horses, safe lungeing area, lungeing equipment, |

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| Time | Activity |
| *10 mins* | INTRODUCTION: * Discuss benefits of varying the size of the lunge circle
* Explain potential problems
* What to look for in the horse: change balance/rhythm/tempo/lose straightness

Aim:To practice changing the size of the lunge circle |
| *50 mins* | **ACTIVITIES:** Allocate participants into pairs/threes- Participants to tack up for lungeing- Lead horse to arena**Participants will have covered spiralling in and out in the gold lunge your horse award. For platinum they should be focussing more on influencing the horse’s activity and recognising if the horse is losing balance/rhythm/tempo and making corrections.**1. First participant to start lungeing, use transition exercises covered in previous session as part of warm up
2. Coach to support each participant with making circle smaller, keeping contact down lunge line, activity in pace. Positioning to send horse out onto larger circle.
3. Participants to practice varying size of circle.
4. Swap over
5. It may be useful to video this session and review in the classroom in the following session.

Engage the participants observing in discussion about how the horses are going |
| *10 mins* | SUMMARY Watch the video and discuss the horse they lunged, what did they notice, did the exercises help the horse? |
| PROGRESSIONContinue to practise canter work and lungeing exercises with a variety of horses |

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Lungeing your horse | Lesson | 8  |
| Subject | Lungeing exercises – moving around the arena | Location | Arena |
| Resources & Requirements | One horse, safe lungeing area, lungeing equipment, |

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| Time | Activity |
| *10 mins* | INTRODUCTION: Discuss why good practise to move horse around the arena when lungeingAim:To practice moving around the arena when lungeing |
| *50 mins* | **ACTIVITIES:** **Coach to demonstrate the following:**1. Checking arena safe to move around in
2. Lunge horse in walk, trot and canter on both reins
3. Talk about how to move around the arena and how to keep contact down the lunge line
4. Demonstrate moving the horse around the arena, discuss when to step and when to let horse move around you
5. Include circles of various sizes and transitions to bring the exercises practiced in previous session together
6. Help each participant in turn to practice in walk or trot
 |
| *10 mins* | SUMMARY Group discussionIndividual feedback |
| PROGRESSIONPractice a variety of exercises when lungeing |

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Lungeing your horse | Lesson | 9  |
| Subject | Lungeing session | Location | Arena |
| Resources & Requirements | Suitable horses, safe lungeing area, lungeing equipment, |

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| Time | Activity |
| *10 mins* | INTRODUCTION: * Discuss benefits of varying the size of the lunge circle
* Explain potential problems
* What to look for in the horse: change balance/rhythm/tempo/lose straightness

Aim:To practice changing the size of the lunge circle |
| *50 mins* | **ACTIVITIES:** Allocate participants into pairs/threes- Participants to tack up for lungeing- Lead horse to arenaParticipants to lunge their horse (with coach support as required) demonstrating:* Checking area for safety
* Safe use of equipment
* Warm up and cool down
* Correct use of side reins
* Work in walk, trot and canter
* One or more suitable exercises
 |
| *10 mins* | SUMMARY Individual feedback |
| PROGRESSIONContinue to practise lungeing a variety of horsesPole work |

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