



Skill Progression Formulas

Short and Long Term

Take Aways

- ▶ Ideas For Creating A Long-Term Skill Progression Map
- ▶ Examples Of Daily Lesson Plans That Measure Skill Progression From The Beginning Of The Lesson To Its End

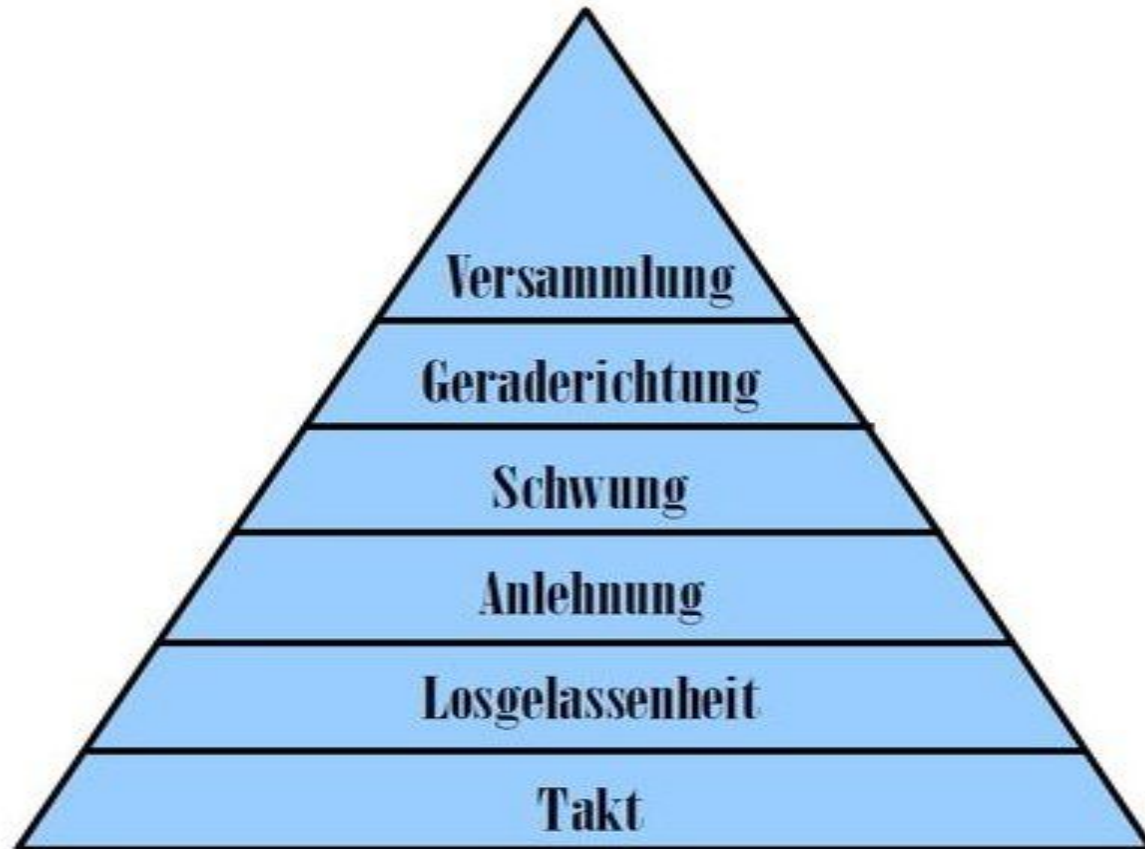
Should You Answer A Question With A Question?

- ▶ Is There A Recommended Riding Progression From Beginning Level Skills To Advanced?
- ▶ What Is Your Favored Seat Discipline And The Theory Behind It?
- ▶ What Accommodations Does The Rider Need?

Creating A Riding Skill Progression Map

- ▶ Key Words
- ▶ Approximation
- ▶ Conditions

The Training Scale/Pyramid



The Training Scale/Pyramid = Self Carriage In The Horse



With An Additional Layer For The Foundation

Collection

Straightness

Impulsion

Connection

Suppleness

Relaxed Rhythm

The Rider's Independent Seat and Aids

Example: The Riders Position At The Walk

The Riders Position At The Walk

All Of Below On
Increasingly Tight
Curved Lines

All Of Below On Increasingly
Abrupt Transitions

Alignment At The Walk = Balance
(Approximation – Maintains ear, shoulder, hip, heel
alignment through w/h/w transitions and turns r/l)

Following Seat At The Walk = Connection
(Demonstrate --- righting reactions circling right and left; hands are
not used to maintain balance)

Relaxed Seat At The Walk = Confidence
(Ride halt/walk/halt transitions and acceleration/deceleration on straight
lines w/out tensing or gripping)

Secure Seat At The Walk = Conditions?
Smooth Horse; Deep Seated Saddle; Two Side-Walkers

Example: Posting Trot

Posting Trot Rhythm On Big Moving Horse

Posting Trot On Curved Lines
Conditions = Rubber Band Feet
In Stirrups; Hand Hold

Posting Trot On Straight Lines
Conditions = Rubber Band Feet In Stirrups;
Hand Hold

Sitting Trot Straight Lines
Conditions = Rubber Band Feet In Stirrups;
Hand Hold

Half Seat At Trot
Conditions = Flat Seat Saddle; Rubber Band Feet In
Stirrups; Neck Strap

Posting Rhythm At Walk
Conditions = With Arms Crossed

Half Seat At Walk
Conditions = Flat Seat Saddle; Rubber Band Feet In Stirrups; Neck Strap

Example: The Canter

Canter Departs

Canter Depart Right & Left
Conditions = In Round Pen;
With Active Seat; Hand Hold;
Rubber Band Feet In Stirrups

Canter Depart Right & Left
Conditions = On Lunge Line; With Passive
Seat; Hand Hold; Rubber Band Feet In
Stirrups

Lengthen Stride Sitting Trot
Conditions = Without Tensing; Gripping With
Legs; Balancing With Hands

Secure Seat At Posting Trot On Curved Lines
Conditions = Deep Seat Saddle; Rubber Band Feet In
Stirrups

Secure Seat At Half Seat Trot On Curved Lines
Conditions = Deep Seat Saddle; Rubber Band Feet In Stirrups

Secure Seat At Sitting Trot On Curved Lines
Conditions = Deep Seat Saddle; Rubber Band Feet In Stirrups

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- ▶ **Sort Term Skill Progression**
 - ▶ **Using Arena Markers To Measure Skill Progression Within The Lesson**

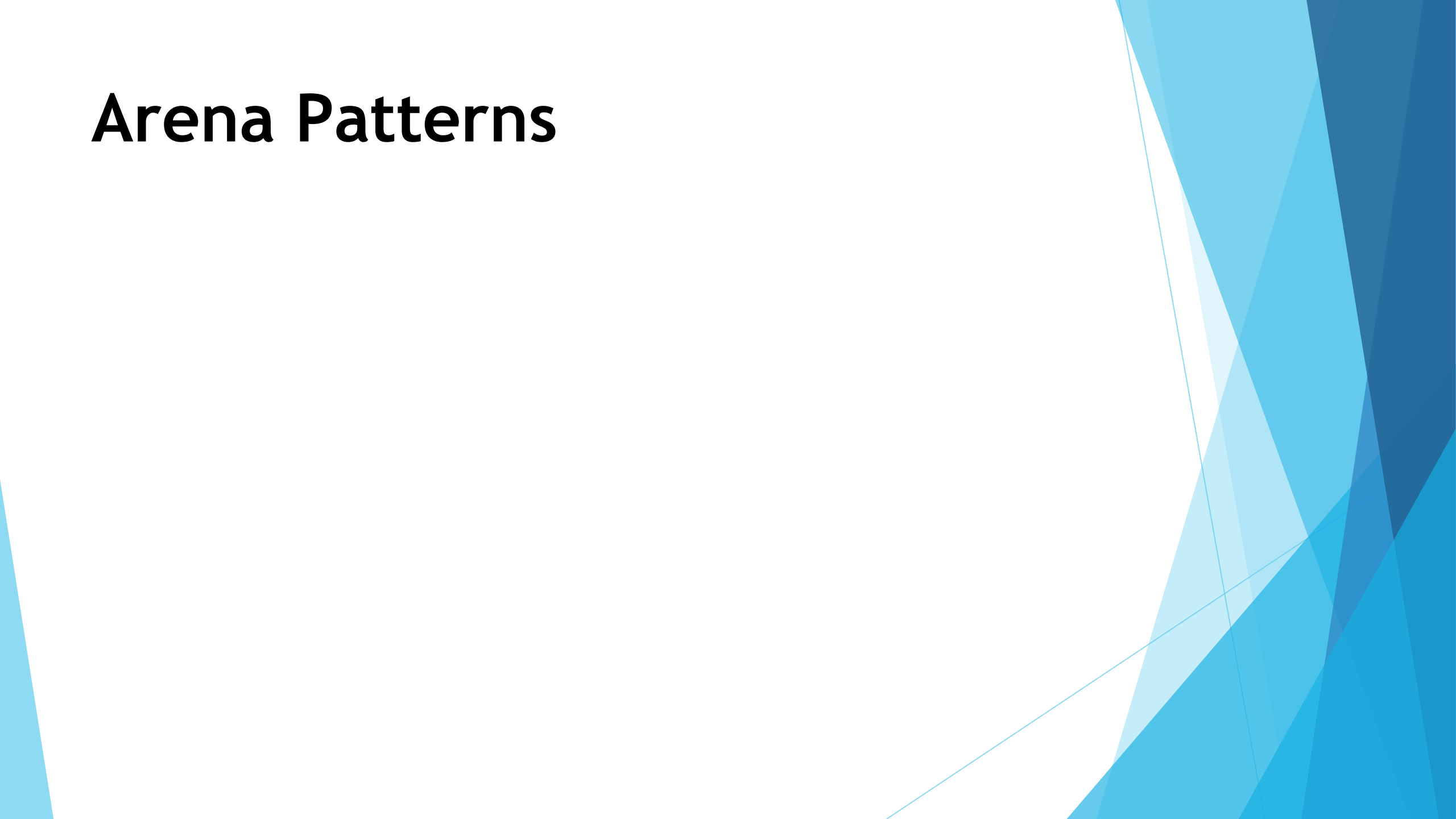
Cones



Ground Poles

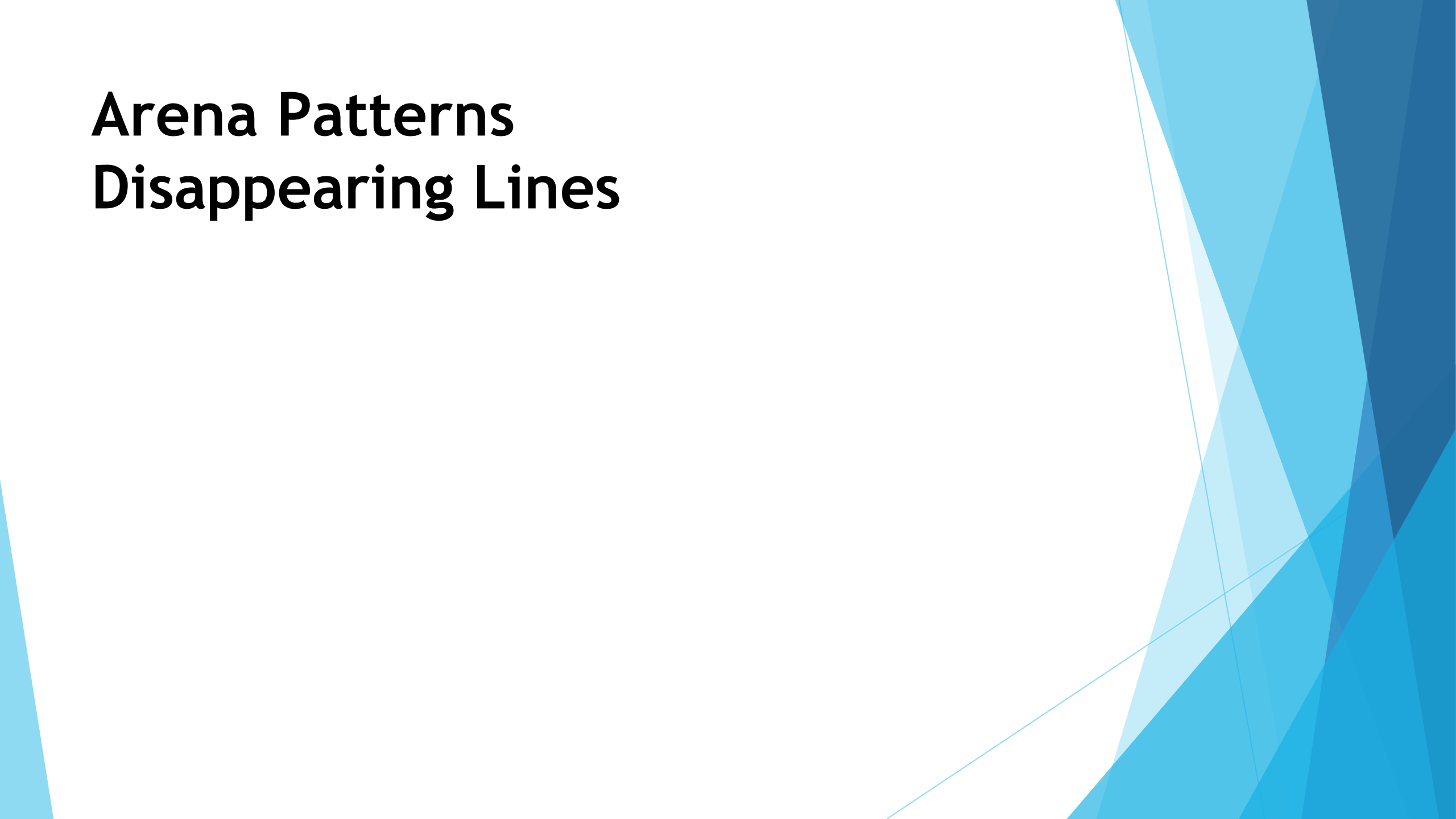


Arena Patterns



Arena Patterns

Disappearing Lines



Playing Field Line Striper

