




ESNZ Development Riding

Program Outline

NB: Candidates choose one or more disciplines according to their preference.

MODULE 1 – Core Dressage

- Riding equipment
- The upright seat
- Weight aids
- Leg aids
- Rein aids
- Coordination and effect of aids
- The training scale
- The half-halt
- Paces and transitions of Second-Level dressage
- Movements and tracks of Second-Level dressage
- Turn on the forehand
- Ride an unknown horse
- Warm-up and cool-down
- Self-analysis



Practical Activity 1 Core Dressage

Individual Skills


Present with correctly-fitted tack, helmet and footwear	Competent	<input type="checkbox"/>
Ride a suitable warm-up phase and explain the choice of activities/exercises	Competent	<input type="checkbox"/>
20m circle left in working canter giving both reins for 2-3 strides before retaking the contact	Competent	<input type="checkbox"/>
15m circle left in working canter	Competent	<input type="checkbox"/>
Change rein on a long diagonal in working trot (eg M-K) showing some medium trot	Competent	<input type="checkbox"/>
Turn down centre line – leg yield right, back to the track in working trot (<u>sitting</u>)	Competent	<input type="checkbox"/>

MODULE 2 – Dressage

- The training scale
- Paces and transitions of Third-Level dressage
- Movements and tracks of Third-Level dressage
- Warm-up and cool-down
- Gymnastics for dressage
- Self-analysis

MODULE 3 – Jumping

- The forward seat
- Using the aids in a forward seat
- Gymnastics for jumping
- Jumping training
- Walking and riding courses
- Warm-up and cool-down
- Self-analysis



Activity

Walk a course and create a riding plan considering the following factors:

The article number the competition will be run under: _____ Is it against the clock? _____

The horse's usual length of stride: _____

The surface conditions: _____

The effect that the surface conditions might have on stride length: _____


The best speed for the surface conditions, any particular patches of ground where turns may be especially slippery etc:

MODULE 4 – Cross-Country

- Cross-country training
- Walking and riding courses
- Warm-up and cool-down
- Self-analysis

MODULE 5 – Endurance

- The forward seat
- Using the aids in a forward seat
- Efficient endurance riding
- Negotiating the elements of an endurance ride
- Warm-up and cool-down
- Self-analysis



Practical Activity 3 Jumping

Individual Skills

Present with correctly-fitted tack, helmet and footwear	Competent	<input type="checkbox"/>
Ride a suitable warm-up phase and explain the choice of activities/exercises	Competent	<input type="checkbox"/>
Demonstrate 3-point seat and 2-point seat in trot and canter on a circle	Competent	<input type="checkbox"/>
Ride in a forward seat at 300 metres/minute and then at 350 metres/minute	Competent	<input type="checkbox"/>
Ride a grid in a forward seat	Competent	<input type="checkbox"/>
Ride a figure of eight in working canter demonstrating correct flexion and bend in both directions. At the centre of the eight, change canter leads over a vertical up to 90cm landing on the new canter lead for each loop	Competent	<input type="checkbox"/>