



Virtual Lesson Worksheet

April 3, 2020

Rider

1. Anything notable on overall rider position? (Heels, hands, lower leg, etc...)
2. Does this rider effectively use their aids during the exercise?
3. What aids do you see being used (if any) as the rider goes through cavaletti's?
4. When being videoed from the front, how straight and even is the rider through the cavaletti's?
5. Do you notice any bad habits that may be keeping the rider's aids as effective as possible? (ex. Broken wrist causing a stiff elbow)
6. What could the rider do different to help achieve more success in the exercise? (ex. Looking sooner for turn)

Warm-Up (condensed)

1. Does the rider use their warmup time effectively?
2. How long should your warmup be? How long in walk, trot, canter?
3. How else could the rider use the equipment setup as a warm-up?
4. Did the rider use any lateral movements during her warm-up?
5. What would you like to see the rider do for their own warm-up prior to this exercise? (Ex. Sitting trot)
6. Do you see the rider making at least 2 changes of direction in her warmup? What about changes of bend?
7. Seeing this horse go, what do you think your focus as the rider should be? (ex. More forward, lateral work, etc...)

Exercise (3 cavaletti's spaced canter distance apart on center line)

1. How well did the rider execute this exercise overall?
2. How did the horse execute this exercise?
3. What does this particular exercise make the rider focus on? What about the horse?
4. What would you have the rider change about Time # 1, # 2 and #3 through the cavalettis?
5. What would this exercise do for your own horse? (Ex. Slow them down) OR why is this a beneficial exercise?
6. How did the rider's warmup help set them up for this exercise?
7. How many feet should you set between canter poles?

Progressions and Take Away's

1. How could you make this exercise easier for you and your horse still using the equipment setup?
2. How could you make this exercise more difficult without changing the equipment or spacing?
3. How does this help your horse muscle wise? What large muscles do they need to use to make this exercise successful?
4. How do you keep track of how many times to do the exercise on each rein? How many times each way should you do?

