



Pick N Play 1

Day 1:

Option 1 - 15 Minute Grooming Session and 20 Minute Walk

A little no-pressure bonding time with your horse! Give them a mini spa day and then go for a stroll!

Horse Grooming Basics

Asking your horse to walk slow, medium, & fast in hand

Option 2 - Backing over Poles on the Ground

You can also step it up a little bit, give you and your horse something to think about and work on.

Backing up is not a natural motion for a horse. They will back up and as quickly as they can, turn to move forward. By practicing backing over ground poles, you will increase your horse's mobility and confidence in you.

How to ask your horse to back over ground poles

Option 3 - 5 Minutes No Stirrup Work and/or 10 Minutes of Two-point/Half seat

If you and your horse feel comfortable at the trot, try going for No Stirrup work for a few minutes, work on Two-point/Half-seat, or combine the two! Drop those stirrups for a few minutes, pick them up and go into two-point. Don't feel comfortable dropping both stirrups? Just drop one, just make sure you don't over-correct and lean too far to one side.

Day 2:

Option 1 - Completely brush out your horse's mane and tail

If you didn't choose mini-spa day on Day 1 (or even if you did!), you can brush out your horse's mane and tail today! This can be calming for horse and owner! Put some music on and beautify your horse!

How to Brush out your Horse's Mane & Tail

Option 2 - Ride Bareback

Grab your pony and keep it simple today! Either with or without a bareback pad, hop on and ride Bareback! Help increase your core strength and feel a closer connection with your horse!

Option 3 - Ride with Music

Grab your phone and your latest music playlist! Think about the beat of the music. It is a slow, steady beat? Can you get your horse to match it? What about a faster beat? Can your horse match that? What if the song goes back and forth from fast to slow? Increase your communication with your horse and sing along!

Day 3:

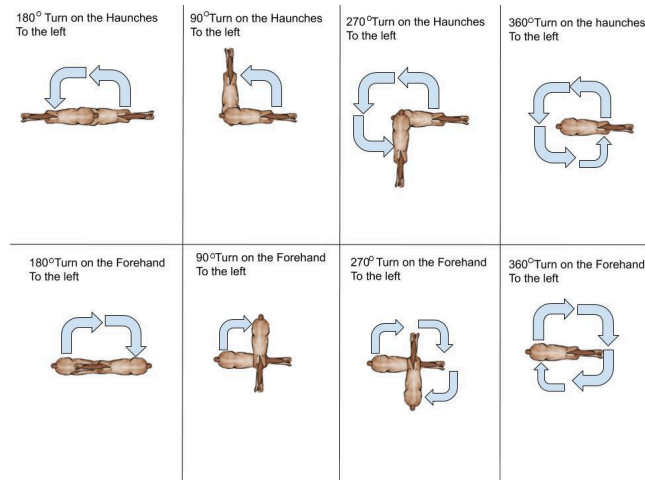
Option 1 - Run/Buck and Fart play time for your horse - just watch them play

Turn your horse out in the round pen or arena and let them run around, play and roll! If you have horse-safe toys, throw those in as well and let your horse turn it loose!

Lean on the fence and watch them move!

Option 2 - Work on Pivots on the ground

Pivots can be fun and they may be useful in certain situations if small, controlled movements are needed. Make sure to keep your cues slow and deliberate. Give your horse plenty of walks between practicing. Pivots can be stressful on the horse's joints.



Option 3 - Practice Free Beginner Pattern 1, Free Intermediate Pattern 1, or Free Advanced Pattern 1

The saying goes - All training takes place in the transitions. Patterns are a great way to incorporate transitions into your ride. The changes of direction and gait can smooth out communication between you and your horse.

Day 4:

Option 1 - Clean your tack while your horse munches on some hay by you

When's the last time you gave your tack a good cleaning? Grab your horse, a few flakes of hay, your tack, saddle soap and a bucket of water! Enjoy the sounds of munching while you make your tack sparkling clean!

Option 2 - Lunge your horse at the whoa/walk/trot/change directions only

Lunging your horse on the line can be a great way to give your horse a work out and give you a low key day. Keep your horse at a walk/trot/ only. Changing up the lunging routine and making it less routine.

Your horse will have to pay attention to your cues

Introduction to Lunging your Horse

Option 3 - Practice whoa/walk/trot transitions under saddle

Give your horse a low key workout today! Walk/trot transitions only. Change it up a little bit by seeing if your horse can walk slow, med, and fast under saddle and ask them the same thing at the trot. How can you change your position to facilitate the changes you are asking for in your horse. If you sit up straighter during the slow transitions, does it help your horse recognize the cue? What happens if you get looser?



Day 5:

Option 1 - Practice slow walk, medium walk and fast walk while leading your horse

If you picked option 3 yesterday, you already explored asking your horse to walk & trot different speeds under saddle. Can you ask your horse to walk slow, medium and fast while leading? What kind of cues can you use to help your horse understand the difference? How do your footfalls help?

Asking your horse to walk slow, medium and fast in hand

Option 2 - Lunge your horse over poles

When you don't have enough time to tack up and do a full ride, but you want to do something different, lunge your horse over poles or around obstacles. You will have to maneuver yourself and your horse around the poles and cones.

Lunging your horse around Obstacles

Option 3 - Ride bareback with music

Grab your pony, your favorite playlist, and keep it simple today! Either with or without a bareback pad, hop on and ride Bareback! Help increase your core strength and feel a closer connection with your horse!

Day 6:

Option 1 - Practice Sidepassing along the wall on the ground

Asking your horse to sidepass along the wall can be a test of your horse's patience and yours. This maneuver should be very controlled. Don't let your horse get too far ahead of you.

How to ask your horse sidepass along the wall

Option 2 - Practice Free Beginner Pattern 2, Free Intermediate Pattern 2 or Free Advanced Pattern 2

The saying goes - All training takes place in the transitions. Patterns are a great way to incorporate transitions into your ride. The changes of direction and gait can smooth out communication between you and your horse.

Option 3 - 20 Minute No Stirrup work and/or 10 minutes of Two-point/half seat

Time to get your work out in! No stirrup work is a great work to work on your balance and your core! If you need to, take breaks and do 10 minutes, pick up your stirrups for 10 minutes, then drop for another 10 minutes. Two point/half seat is a great confidence booster! Take it a minute at a time if you need to! Keep working until you can do 20 minutes straight!

Day 7:

Option 1 - Clean all brushes and grooming tools while your horse munches hay nearby
Grab your horse, a couple flakes of hay, and your brushes and clean away! Soak your brushes in a bucket of warm water with a mild soap like dish soap, gently agitate to loosen dirt, then thoroughly rinse and allow to air dry with the bristles facing down on a towel; for heavily soiled brushes, you can pre-clean with a vacuum to remove loose hair, and consider using a diluted vinegar solution for added disinfection if needed.

Option 2 - Practice Lining up to the Mounting Block or Patience at the Mounting Block

Does your horse start to move off as soon as you step up on the mounting block or as soon as your foot hits the stirrup? By adding this practice to your regime, your horse will learn to have some patience by the mounting block and not start moving on you. Put some music on to listen to, find a tv show and watch it on your phone, or scroll social media and hang out!

Lining your horse up to the mounting block

Option 3 - Practice trot/canter transitions under saddle

If you are following along this far, you've heard that all training takes place in the transitions. Change it up on your and your horse. Canter two circles, then trot one circle, change direction through the trot and canter one circle, then transition to trot 5 circles. You can also include simple or flying lead changes to change direction in the canter.

Day 8:

Option 1 - 30 - 45 minute deep grooming session

Wanna give yourself a good workout? Grab your brushes and combs, roll up your sleeves and give your horse a thorough brushing!

Horse Grooming Basics

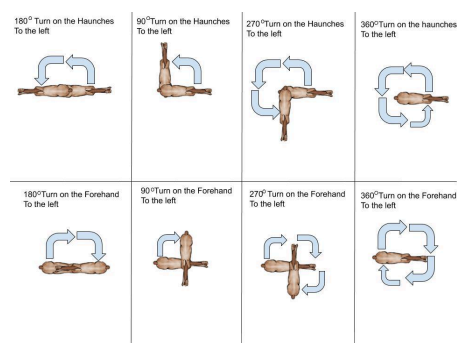
How to Brush out your horse's mane & tail

Option 2 - Practice Trot in Hand

We teach out horses to always stay with us but what happens if you need to jog/run from one place to another? Will your horse pick up the trot and stay with you without getting excited? By practicing trotting in hand, your horse will be right there with you when you need to head off at a faster pace!

Option 3 - Practice turn on the haunches and turns on the forehand under saddle

Whether you ride in an arena or out on the trail, teaching your horse to move only their forehand or haunches can be a great benefit! You never know what situation you might find yourself in and will be glad you've already worked on this with your horse.





Day 9:

Option 1 - Read a book by or to your horse while they eat

We always say we don't have enough down time and we also don't have enough time to spend with our horses! What about doing both? Grab a few flakes of hay, a fantastic book, and settle in for a good read with the ambiance of munching hay! Being with our horses doesn't always have to be work. Give you and them a break!

Option 2 - Full lunge - whoa, walk, trot, canter, change directions

Up until now, we've only done parts of the lunging. Today, do a full lunge, whoa, walk, trot, canter & change directions. Is your horse listening to you better? Is your horse waiting for your cues and watching you? Lunging is a great way to let your horse stretch its legs when you don't have time for a full ride or aren't feeling the best!

Introduction to Lunging your horse

Option 3 - Ride with Music

Grab your phone and your latest music playlist! Think about the beat of the music. Is it a slow, steady beat? Can you get your horse to match it? What about a faster beat? Can your horse match that? What if the song goes back and forth from fast to slow? Increase your communication with your horse and sing along!

Day 10:

Option 1 - Practice Ground Tying

Ground tying doesn't usually just happen. It takes consistent practice and reinforcement. Practice ground tying in an enclosed area. If you don't feel comfortable dropping the lead rope, use as long of a lead rope as you have and see how far you can walk away from your horse and how long they will stay. Use your "whoa" word to reinforce that you don't want them to follow.

Option 2 - Do a health check - taking your horse's temperature, pulse rate and breath rate.

Do you have a baseline for your horse's vitals? Some horses may run hot and some may run cold, do you know, if you take your horse's temperature if they are running a fever or not? Take your horse's vitals once a month and keep a journal so you can see any large fluctuations.

How to take horse vitals

Option 3 - Practice transitions from slow sitting trot to faster posting trot

We always talk about transitions, walk to trot/trot to canter/whoa to trot but what about transitions within each gait? Can you move your horse from a slow sitting trot to a faster posting trot and vice versa? Being able to maneuver the speeds within your gaits helps keep your horse listening to you and the lines of communication open.

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DISCLAIMER:

HORSES, BEING A FLIGHT ANIMAL, CAN BE DANGEROUS TO WORK AROUND AND WITH. ACTIVITIES WITH AND TRAINING A HORSE CAN BE UNPREDICTABLE AT TIMES. DO NOT ATTEMPT ANY OF THESE ACTIVITIES, TRAINING OR PROCEDURES WITHOUT PROPER SUPERVISION, SAFETY EQUIPMENT AND PROPER FACILITIES. NEITHER CROSSINGTIMBERSEQUINE.COM, CROSSING TIMBERS EQUINE, LLC, NOR KRISTIN HODGE AND ITS/THEIR EMPLOYEES, AGENTS, AND SPONSORS ARE RESPONSIBLE FOR ANY INJURY(ITS) OR LOSS RESULTING FROM THESE EXERCISES AND DEMONSTRATIONS FOR HORSE AND HORSE TRAINING ACTIVITIES CONTAINED HEREIN.