

Ground Work LEVEL 1 - MINI Clinic series outlines

Clinic 1: Leadership and Safety – teaching guide/ lesson plan

Lesson 1: Students assemble without horses along a fence

- How to tie a rope halter
- How to use a 12ft lead line (let it drag/ or fold)
- How to swing rope/ wiggle rope
- Phases with rope and stick
- Practice with tools before getting the horse

Lesson 2: Students with horses – Horse psychology/ training theory lecture

- Desensitizing to tools/hands ropes approach and retreat and rhythm
- Letting rope slide – so they can move their feet when they are scared
- Everything you do with the horse begins with RESPECT
- When he gets hard, you need to get harder. When he gets soft you need to get softer
- Only they will teach themselves to stand – cause them to stand still

Lesson 3: Teach horse to respect your personal space -

- Get out of space – 5 methods (wiggle rope, tap stick on ground, block with rope, wiggle and wave, and tap air tap line)
- Stand still – cause them to stand by making uncomfortable to go right or left
- Face me – Yield hindquarters abruptly till you get 2 eyes facing you – look, lift, swing – spank

Lesson 4: Basic Leading safety – all students on the rail

- Leading safely – stop/back up – horse shoulder not to go past your shoulder
- Use rope to swing in front of the horse or stick waving
- Cause horse not to want to pass you
- Need a go forward cue to make sure horse keeps up with you
- Teach them to walk trot and back up
- TEST it - Gate safety – leading in and out / back in and out – get two sets of barrels and have students walk up – stop back out of imaginary gate = claustrophobic and horse must still respect space.

Clinic 2: Leadership and Basic Language**Lesson 1: Intent vs no intent**

- Desensitizing horse to all tools then moving them away 1 step
- Move away from rhythmic pressure forward, back left and right

Lesson 2: Basic yields

- Yield the hindquarters
- Yield the forehand
- Yield sideways

Lesson 3: Sending Exercise

- Go forward cue
- Driving leading
- Send left – then right
- Finally send in 2 full circles left/right

Clinic 3: Leadership and Developing Confidence**Lesson 1: Keeping horse out of your space despite learning confidence**

- Reading Body language - The ear and the eye are connected to the mind. The feet follow the mind. The ear will tell you where the feet will be going
- Keep the horse's mind busy. If you don't give him something to think about, he's liable to give you something to think about
- Desensitizing to intense pressure / time outs (dwell time)

Lesson 2: Advanced sending – over and through obstacles

- Over and around barrels and tarps
- Simulated or actual trailer loading - tie stalls

Lesson 3: Advanced desensitizing

- Desensitizing to tools/hands blankets
- Pool noodle / flag / plastic bags
- Bounce ball, follow ball, under over horse
- Jumping jacks/ energetic body language

Ground Work LEVEL 2 - MINI Clinic series outline**Clinic 1: Advanced Lunging****Lesson 1: Working with a bigger circle**

- Basic techniques working with longer ropes
- Increasing the circle size and maintaining control of the horse
- Walk trot and canter transitions – upward by lifting and leading
- Downward transitions by wiggling the line

Lesson 2: Refining on a bigger circle

- Downward transitions by yielding the hindquarters slightly by tipping the nose
- Change of direction at the walk and trot
- Drop to trot simple lead changes online

Lesson 3: Lunging Games

- Figure 8 around barrels
- Jump barrels and back through barrels (up to 4)
- Weave through 4 barrels – back or running
- Weaving through cones - Drive the shoulders and ribcage away – leg yield

Clinic 2: Advanced Lunging Stage 2- Lunging to prepare horse for riding**Lesson 1: Shaping exercises**

- teaching them to bend online – soften and drop head cue
- push shoulder away but hold head in – walk towards them in a circle – mirror their movements drive with stick
- Shaping - tip nose in until circle gets very small and change directions if need be or by pushing ribs out

Lesson 2: Cone exercises

- Send through weave cones – leg yields
- Lunging through cones – lunging spirals
- Leg yields to outside cones and spirals on the lunge line

Clinic 3: Round Penning – taking the lines off**Lesson 1: Preparing horse by reviewing online work**

- Basic sending/ then shut down cues
- Changes of directions

Lesson 2: Take the lines off

- Relaxation/ quiet time
- Sending and bring back

Lesson 3: Refinement

- Inside turns
- Outside turns
- Working on draw

Ground Work Level 3 Mini Clinics**Clinic 1: Advancing the basics****Lesson 1: Basic ground exercises – 22ft line**

- Yield sideways from 20ft away with rail
- Yield sideways from 20ft away without rail
- Send over jump 20ft away
- Send through obstacles 20ft away
- Drive horse back 20 ft and draw to you

Lesson 2: Steady pressure exercises

- Yield the hindquarters & forehand 360
- Yield back 20ft
- Bend nose to girth
- Back up by tail
- Side pass 20ft
- Lead without a halter

Clinic 2: Introduction to Ground Driving**Lesson 1: Driving horse from nose to tail**

- Stick skills needed
- Driving nose neck / then form ribcage eventually from behind the horse
- Challenge yourself – pattern work from ground

Lesson 2: Ground driving and long lining

- Drill about safety and rope skills
- Basic skills for all horses
- Teaches them to handle you behind them
- Serpentine and figure 8's

Clinic 3: Introduction to in-hand training**Lesson 1: Preparing horse for bridle work**

- Getting the poll flexing left/right
- Getting the poll to drop
- Flexing horses neck left right with vertical and lateral bend

Lesson 2: Suppling ribcage

- Walking horse in small circles with bend
- Asking for leg yields with bridle

Lesson 3: Yielding shoulders and hindquarters

- Moving shoulder away with neck bend
- Shoulder in on rail
- In-hand turn on hindquarters/forehand