


## Virtual Coaching Review Sheet

		RIDER	Jane Smith
		HORSE	Smokey
		VIDEO LINK	<a href="https://youtu.be/vLukWK35igw">https://youtu.be/vLukWK35igw</a>
		DATE	7/29/2020
Sommer Strides Horse Training			
	VIDEO TIME FRAME	Keep it Up	Work On
1	0.38	There is nice straightness on the centerline	Your leg looks a little stiff with the right leg slightly further back than the left. The leg hangs well below the hip but should do just that, hang. Try not to hold tension in your leg muscles, instead think of a soft contact around the horse's barrel. The leg should be steady but also move with the horse especially encouraging the trunk of the horse to swing side to side.
2	0.41	The turn to the right here is smooth and round	Try to open the inside rein more through your turns, like you're handing the rein to someone standing at the center of the circle. This will encourage your horse to open and bend through the body. The outside rein then should provide support to prevent over bending in the neck, but don't let it cross past the withers.
3	.51-1	The half circle here looks round and even and the gait is steady	Again think of opening your inside rein here. The goal in a more finished horse is to ride with you're hands 4-6 inches apart, but that's with a horse that responds to your leg and seat aids more and is further educated. Don't feel restricted with your hands open them.
4	1.07	The downward transition here is so lovely. There is great energy moving forward and the rhythm stays steady. Well done.	
5	1.09		The horse has nice forwardness here but you as the rider need to help encourage the topline and body of the horse to swing. You have a nice body position but its very still and then becomes stiff. The horse's back needs to swing side to side in movement and you're too still body position is disrupting that. Relax and move with the horse more.
6	1.20-1.26	Your freewalk shows some nice relaxation and the diagonal is ridden well.	There should be more overtrack in a free walk and often in general the horse likes to use his shoulders more than his haunches. The appearance will show and even feel like the horse has good energy but the haunches are kind of trailing behind, instead you should feel a nice push forward from the hind legs stepping and this should be more obvious in the free walk to create an over track.
7	2.20-2.27	I can actually see you opening your inside rein here more on this half circle, you can then see how the horse responds by softening laterally into a little more of a bend.	

8	3.17-3.27	This halt, though not square shows you trying to help him balance into a stop. I like how you try to keep the front end lifted and light instead of allowing him to fall on the forehand. Well done.	As I said , this isn't a square halt but balance comes first. As you lift the front end into the halt, try to keep the energy rolling forward from behind, do this by thinking a little more like collecting the horse beneath you.
9	3.31	Such a lovely turn here. Smooth and balanced.	Just make sure not to drop your shoulder. You drop your shoulder so will your horse.
10	3.38-3.42	Very smooth	This upward transition was smooth and responsive, but the haunches are clearly dragging behind here. Instead we want the transitions to start from the haunches and maintain the energy pushing forward. The rear end is the horse's engine.
11	4.02-4.10	You travel nicely straight on you're centerlines!	Just apply a little more hind end engagement and the horse will maintain the straightness more on their own. And again watch your legs here.
12	4.16-4.23	The horse and the rider are very soft and responsive here.	Really watch your balance here, you're leaning far to your left. Instead try to be like the pole of a carousel horse, straight over the horse's center of gravity.

Horse's Gaits, Movements, and Balance	I think you're at a really good starting place with this horse's balance. His gaits are steady which is great, try to keep more energy and forward engagement. I would also try to encourage more swing in his movements and gaits, especially be cautious of his back and whole topline remaining soft. The swing of the back is more evident at the walk but all 4 gaits should have a natural swing.
Rider's Position and Balance	You have a nice "correct" position but it appears that you're trying too hard, try to loosen up. Be more relaxed and make your position look and feel more natural. As I said, Try not to be so restricted to "proper" position. Your hands are nicely steady but show some tension some times, because it looks like you're trying to keep them in place. Your lower back also seems tense, there should be a more disconnection from your upper body and lower body, use your abs more. Your balance looks nice.
Overall Remarks	Overall, this is some nice riding. Try to work on loosening up more in your body and flow and follow with your horse. When riding horses in their early balance stages, we need to try to help them find their natural balance and instead try not to interfere with them. We become overly focused on riding "correct" and getting our horse into the "correct" position and movements. Balance and softness needs to come first and then you will find the balance and correct carriage coming naturally.
Goals to Work Toward	Really work on relaxation in yourself. Forget about "proper". Be relaxed and let your focus simply be on helping your horse find his balance while maintaining relaxed himself. Balance can't be forced and correct position cannot be created, it's something that has to come to you on its own.
Exercises to Try	Spend some rides really focusing on your horse moving free and loose but riding forward. Experiment riding on a very loose rein, with a droop, and just move out. Feel your horse move beneath you, try closing your eyes if you feel safe doing so. Feel the movement and try to ride while "staying out of his way". Feel for the back to swing to the right and to the left, then follow that movement with your seat. Like a dancing partnership, let him lead and you follow. Travel back and forth from a working trot to a medium trot with the transition coming from the hind.
Positive Encouragement	You are doing a great job and there are really a lot of things I see in this video that I like. Keep up the good work!

**Thank you!**