



## Pick N Play 3

### **Day 1:**

Option 1 - Ask your horse to walk at a slow, medium and fast past on the ground

What happens if you are injured and need to hobble along, will your horse slow down and stay with you?


What if you are running late and you need to move fast, will your horse keep up? Practicing ahead of time is a great way to know these buttons will be there when you need them!

Asking your horse to walk slow, Medium & Fast in hand

Option 2 - Perform a Health Check on your horse

Do you know how to take your horse's temperature safely? What about listening for gut sounds? Will your horse allow you to take their temperature without kicking out or being upset? By getting used to taking your horse's vitals you can get a good baseline to know when they are sick and you will be able to provide the vet with details if, heaven forbid, you need to call them.

How to take Horse Vitals



### Normal Horse Vitals

Temperature - 99.5 - 101.5

Pulse/Heart Rate - 32-44 beats per minute

Respiratory Rate - 8 to 16 breaths per minute

Mucous Membranes - Normally pink w/ capillary refill time of 1-2 seconds

Skin Pliability - Pinched skin should relax in 1-2 seconds

Gut Sounds - Constant sound is normal, gurgles are normal, no sound could indicate colic. Running water sound means overactive interior due to some cause

Option 3 - Ride Bareback

Just relax! Walk, Trot, Canter - whatever you feel comfortable doing! Keep it interesting for you and your horse by doing circles and other figures. Feel how your horse's body moves underneath you when they turn or change gaits.

### **Day 2:**

Option 1 - Spend a solid 45 minutes grooming your horse! Give that mane and tail some special attention!

During all four seasons, our horses will appreciate a Spa day and all of their itchy spots taken care of!

Watch your horse's face and nose - when you hit a spot where they are itchy do they let you know?

[How to Brush out your Horse's Mane & Tail](#)

Option 2 - Work on desensitizing. Use a stroller, umbrella, balloons or whatever you can find!

Getting your horse to new and different items can help prepare them for new experiences. Make sure to take things slow if your horse reacts to the new object. Let them sniff it, smell it and explore it without it moving first, then slowly introduce the object moving. Work at your horse's pace, not yours, and encourage curiosity!



Option 3 - Practice asking your horse for a slow, medium and fast trot under saddle

We are aware of the main transitions - walk, trot, canter - but what about transitions within the gaits? Will your horse respond to your body? Will your horse slow down if you sit up taller and straighter? Will they speed up if you relax and move with them more?

Remember to only ask for a few strides of the slow or faster in the beginning, allowing your horse to build up stamina to hold each gait longer.

### **Day 3:**

Option 1 - Whoa/walk/trot/change directions transitions with your horse on the line

Does your horse listen to you on the lunge line or do they do whatever they want and you just stand in the middle of the circle? By asking your horse to change gaits when you ask, you help tune your horse's ears to listen to you and pay attention.

Option 2 - Transitioning between a sitting trot, posting trot and 2 point/half seat

How comfortable are you maneuvering between the sitting trot, posting trot and 2 point while your horse is trotting? Being able to change smoothly between the three types will increase your confidence in the saddle!

Option 3 - Emergency Dismounts at the whoa or walk

Are you comfortable leaving your horse's back even when they are being good? By practicing Emergency dismounts, you can increase your confidence in the saddle and your ability to handle many situations. Practice either bareback or with a saddle. If you choose to practice with a saddle, please make sure no loose clothing can get caught on the saddle

Please practice safely, in an enclosed area and ideally with someone around.

[How to do an Emergency Dismount](#)

### **Day 4:**

Option 1 - Work your horse at liberty

Does your horse listen to your cues and your body while at liberty in an enclosed area?

Will your horse transition to a walk when you ask? Will they change directions - both away from you and towards you?

Working with your horse at liberty is a great way to fine tune your communication between you and your horse!

Option 2 - Mounting and Dismounting

Most riders only mount - ride - dismount. What would your horse do if you mounted, rode for 10-15 minutes, dismounted, walked around for a few minutes, mounted again, rode for another 10-20 minutes, etc?

The bonus is you will get lots of practice mounting and dismounting!

Option 3 - Ride with Music

Blare the blues, Rock out, go back to the 80's, Hip Hop it out -

Listen to the music while you are riding and let loose! Can you get your horse to match the beat of the music?

What about making up a pattern to ride to the music?

## Day 5:

Option 1 - Ask your horse to step in a hula hoop with one hoof

Lay a hula hoop on the ground or make a circle with a lead rope. Can you get your horse to step one front hoof into the circle? Is it the hoof you were asking for? Can you ask your horse to step a back hoof into the circle?

Work slowly with clear and consistent cues to maneuver one hoof at a time.

[Asking your horse to step into a hula hoop](#)

Option 2 - Simple Lead Changes

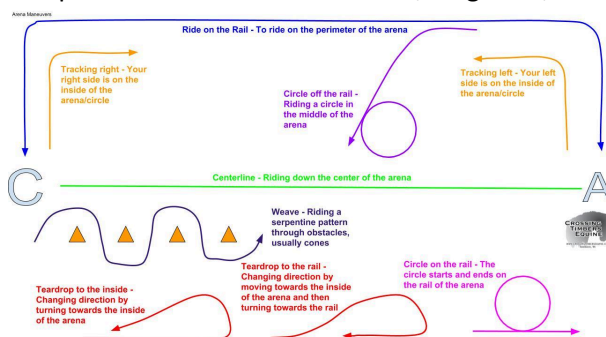
- left lead canter, trot, right lead canter - right lead canter, trot, left lead canter

Simple lead changes are a great way to improve communication and flexibility with your horse. Use either a figure eight or the long diagonals to do the changes.

If you are out on the trail, you can do simple lead changes out on the trail too!

Option 3 - Trot/canter transitions - how many strides does it take for your horse to step up or slow down? Are your cues clear? Change up how many strides are between the transitions - canter for 10 strides, trot for 4, canter for 8, trot for 15, etc.

Complete the transitions on circles, diagonals, and changes of direction.



## Day 6:

Option 1 - Clean your tack while your horse snacks nearby

Grab some saddle soap, your tack, your horse and some hay. Set up a spot to clean your tack while your horse gets a small snack. Use an old toothbrush to get into the nooks and crannies! Use Listerine Mouthwash to freshen and disinfect your bits.

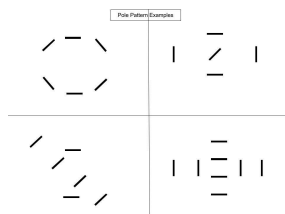
Option 2 - Parts of the Horse Quiz

Can you name all of the parts of your horse?

Take a [Parts of the Horse Quiz](#) and then go out and name those parts on your horse.

Option 3 - Ride over raised poles

Can your horse make it over without clipping a pole? Make sure to keep your eyes up and looking ahead - 99% of the time a horse will clip a pole if the rider is looking at the ground







### **Day 9:**

Option 1 - Place ground poles on a circle. Lunge your horse - whoa/walk/trot/canter/change directions over the poles

Give your lunging a little shake up and do something different.

Put ground poles and/or raised ground poles in a circle and lunge your horse over the poles.

Option 2 - Up/up/sit posting trot

When doing a standard posting trot, a rider will maintain a steady up/sit/up/sit/up/sit rhythm.

Change up that rhythm by staying up for two beats, sitting for one, up for two, sitting for one. ie.

up/up/sit/up/up/sit/up/up/sit

If you need to stabilize yourself by gently resting a hand on your horse's withers on the up beats. Don't lock your knees and make sure to sit down softly.

Option 3 - Seat Stops

Will your horse stop with your seat? Practice seat stops by giving your horse cues in this order - sit deep/stop following the horse's movement - say "Whoa" out loud to your horse - use your reins if your horse doesn't stop from your seat or word. Remember the phrase "Sit/Whoa/Hands" to help remember this system EVERY time you ask your horse to stop. After a little while, they should be stopping off of your seat and you won't have to go to your whoa word or your hands.

### **Day 10:**

Option 1 - Give your horse a spa day

Spend a solid hour grooming your horse - curry all of the itchy spots, get the legs beautiful and clean, make the mane and tail flowing!!

Plus you'll get a really good arm work out at the same time!

[Horse Grooming Basics](#)

[How to brush your horse's mane and tail](#)

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

Don't have enough time to fully tack up and ride? No problem! Lunging your horse is a great way to get them out and moving.

Make sure to keep changing gait and directions to keep it interesting for you and your horse.

[Introduction to lunging your horse](#)

Option 3 - Transitioning between 2 point/half seat and a posting trot

Transitioning between 2 point and a posting trot will greatly increase your confidence and security in the saddle.

If your legs get a little shaky after a couple of minutes of 2 point, that's okay, go back to a posting trot or transition down to walk and give your legs a break!

Work your way up until you can complete 3 laps of these transitions.

This is also great to do out on the trail!



WANT MORE? JOIN MY FREE EMAIL LIST AT [WWW.CROSSINGTIMBERSEQUINE.COM](http://WWW.CROSSINGTIMBERSEQUINE.COM)

**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.