

Maddi Burchell

PRESENTS

ADVANCED
SCHOOLING
EXERCISES

Volume 1

THE DRESSAGE COACH.COM
ONLINE DRESSAGE COACHING



BLACK GROUSE MEDIA
PHOTOGRAPHY

FOREWORD

Welcome to my Advanced Schooling Exercises Book and thank you for getting involved!

This book forms part of a distance learning course on the subject of schooling exercises that covers all the exercises that you'll find here in detail.

It follows on from my Essentials book and hopefully you'll enjoy the challenge of some higher level exercises!

As always, only work within your own and your horse's limitations and if in doubt, always seek professional advice.

The course is part of The Dressage Coach online coaching platform which is designed for riders looking for coaching assistance but online. For more details about The Dressage Coach, please visit the website at thedressagecoach.com

I hope you find this book useful and if you'd like more exercises, please look out for more as they're on the way!

Maddi Burchell



SHOULDER IN - SHOULDER OUT

HOW TO RIDE

1. Choose the pace you wish to ride the exercise in. Ensure the horse is working from behind and into a good, consistent contact.
2. At the corner, ask your horse for Shoulder-In. Ride this until you get half way down the long side.
3. At the half way point (E/B), change the aid and ask for Shoulder-Out (Shoulder-In to the outside or Counter Shoulder-In)
4. Ride this for the rest of the long side, and finish the exercise as you reach the corner.
5. Repeat the exercise again on the next long side.
6. Then have a go at seeing if you can make the transition from Shoulder-In to Shoulder-Out, back to Shoulder-In on one long side.
7. This can then be repeated to Shoulder-In, Shoulder-Out, Shoulder-In, Shoulder-Out on one long side.
8. Progress the exercise to be able to see how many transitions from Shoulder-In to Shoulder-Out you can make on the long side.
9. Remember to ride this equally on both reins.

EXERCISE TIPS

The horse must be established in shoulder in.

It can be a good idea to try riding Shoulder-Out along the long side before trying this exercise to ensure you and the horse are comfortable with it and the aids.

The energy and rhythm needs to be maintained.

The horse needs to stay relaxed, soft and through its back in the transitions.

If riding the exercise in trot, it can be ridden both rising or sitting.

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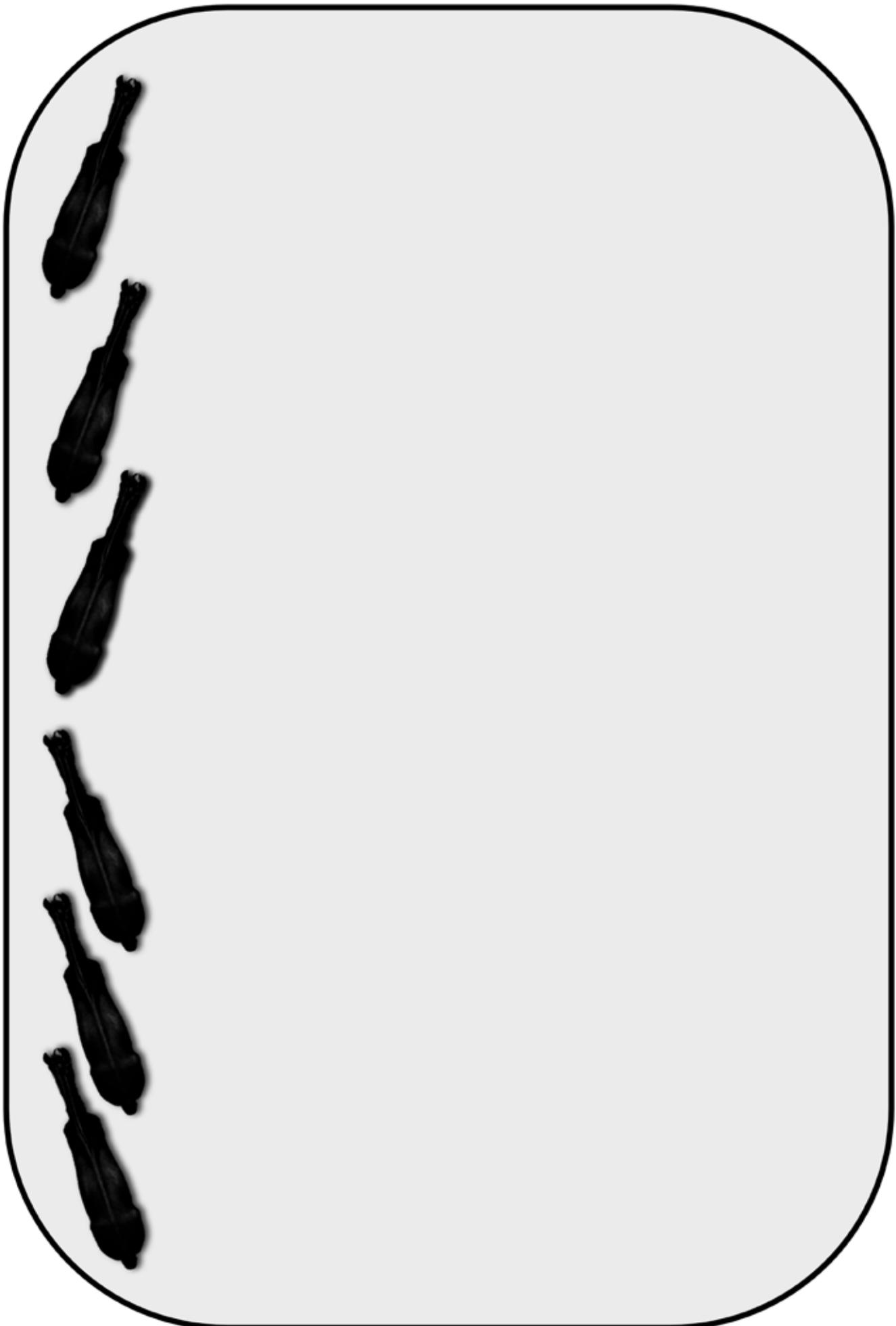
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RIDER TIPS

Think about your stability and position throughout the exercise.

Use weight aids to make the transitions

Keep the hands forward and as a pair to encourage balance and push.

EXERCISE BENEFITS

Suppleness

Increased degree of engagement

Constantly changing weight

Core stability and strength

Quickly reacting to aids



NEXT EXERCISE:
LEG YIELD - HALF PASS
LEG YIELD



LEG YIELD - HALF PASS - LEG YIELD

HOW TO RIDE

1. Choose the pace you are going to ride the exercise in and ensure the horse is taking you forward and is in front of your leg.
2. Start to ride a Leg Yield from one corner of the arena towards the other.
3. As you approach being a 1/3 of the way across the arena, start to change the flexion and bend, so the Leg Yield becomes a Half-Pass.
4. Ride the Half-Pass for another third of the arena and as you are approaching the 2/3 line, start to change the flexion back, so the Half-Pass becomes a Leg Yield again.
5. Ride the exercise several times on both reins

EXERCISE TIPS

The horse must move away from your leg well.

The rhythm and energy must be consistent throughout

There must be relaxation

Suppleness is key to this exercise.

The horse must be able to change flexion easily. It may be a good idea to ride your horse down the 3/4 line straight and just try riding different flexions prior to riding the exercise.

The horse will need to be established in Half-Pass in order for it to be able to perform this exercise well.

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Leg Yield

H

M

E

B

Half Pass



K

F

Leg Yield



A



RIDER TIPS

Make sure you know when you want to change from Leg Yield to Half-Pass

Make sure your position and aids are changing as you change from one to the other.

Keep control of the shoulders throughout

EXERCISE BENEFITS

Suppleness

Increased degree of engagement

Constantly changing weight

Core stability and strength

Keeping balance whilst changing position



**NEXT EXERCISE:
LEG YIELD
&
ZIG ZAGS**



LEG YIELD & ZIG ZAGS

HOW TO RIDE

1. Choose the pace you wish to ride the exercise in. Ensure your horse is forward, and on your aids.
2. Turn down the Centre Line and start to Leg Yield towards the direction you have just turned from.
3. Leg Yield 4 strides in this direction.
4. Then Leg Yield 8 strides in the opposite direction
5. Then finish with 4 strides of Leg Yield in your original direction (you should have ended up back on the Centre Line!)
6. You can also ride this exercise in Half-Pass, or a combination of the two.

EXERCISE TIPS

In order to ride this exercise accurately, you need to think about the new direction as you are riding your 3rd stride (on the first Leg Yield) and on your 7th stride (on the second Leg Yield). The 4th and 8th stride will probably be straight so that you are ready for the new flexion at the appropriate time.

The horse must be on your aid

The aids must be timed and ridden accurately.

Fluency and balance are key

The horse must remain forward but rhythmical.

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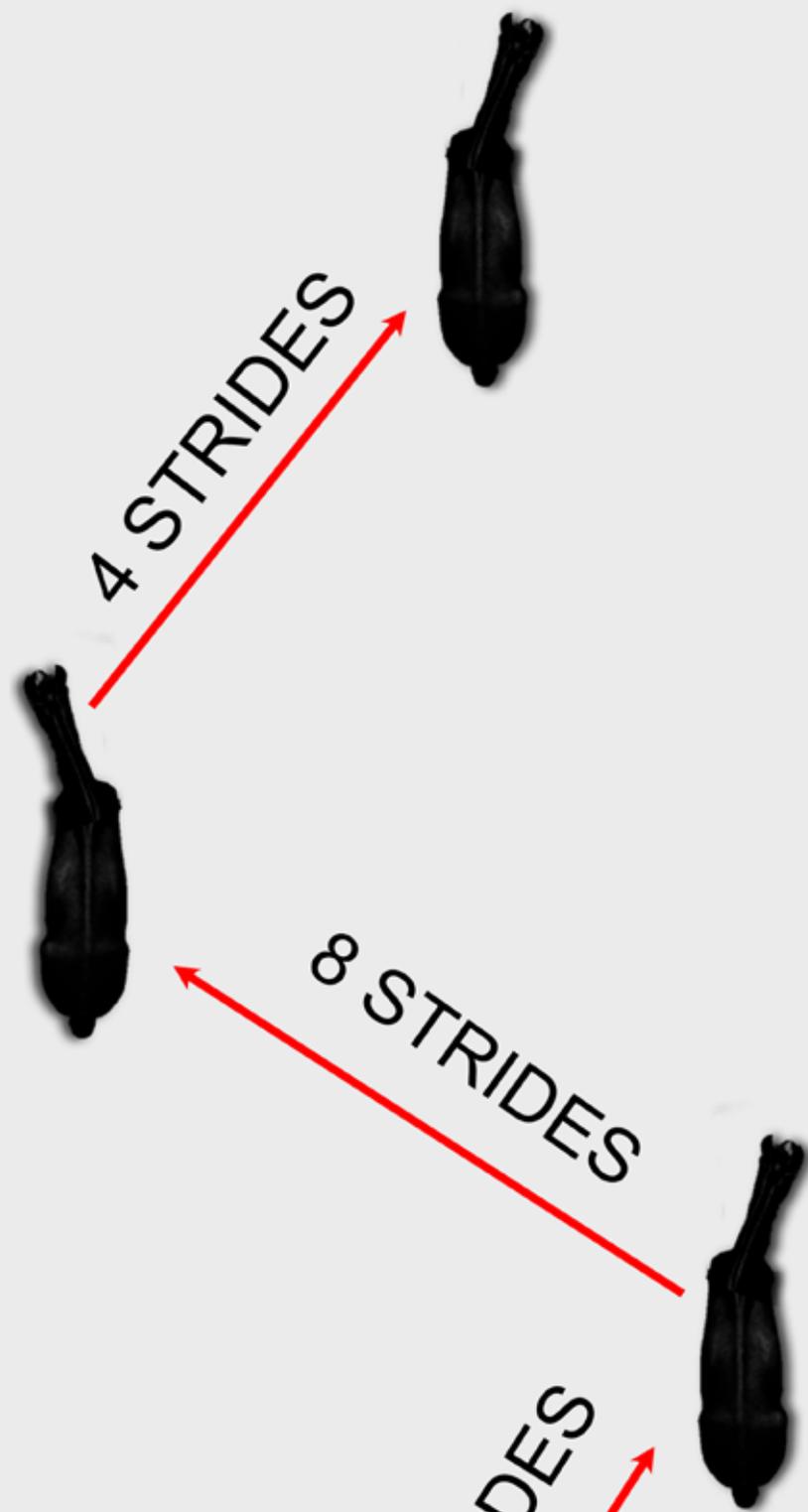
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RIDER TIPS

Counting strides and being prepared is the key to success with this exercise

Weight aids are vital

Ensuring the bend and flexion is correct at all times will make it easier to ride.

EXERCISE BENEFITS

Coordination

Balance and patience

Changing weight and position quickly

Improved Engagement



**NEXT EXERCISE:
LATERAL WORK ON
A CIRCLE**



LATERAL WORK ON A CIRCLE

HOW TO RIDE

1. Start by choosing the pace you want to ride the exercise in and where you are going to ride your 20m circle.
2. Start by riding your 20 m circle in Shoulder-In. You may need to start by just riding 1/2 the circle in Shoulder-In if your horse struggles with the balance.
3. Then straighten the horse, still remaining on the circle, and ride at least 1/2 a circle like this.
4. Then ask the horse for Travers on the circle (again, you may be only able to get 1/2 a circle), then straighten the horse again.
5. This time try riding Shoulder-Out on the circle and then once again straighten.
6. And lastly, try riding Renvers on the circle. then straighten.
7. When the horse can do all the lateral exercises with ease on the circle, start to ride transitions from one to another (you may need to do this with a stride or two of straightness to begin with), for example ride 1/4 circle in Shoulder-In, 1/4 circle Travers, 1/4 circle Shoulder-Out and 1/4 circle Renvers.

EXERCISE TIPS

The horse must remain soft through the back and neck and relaxed throughout the exercise.

The horse must be fit and supple enough to be able to achieve the final exercise.

This exercise should only be repeated a couple of times

The amount of circle in lateral can be altered (ie 1/3 of a circle per lateral movement)

The horse must remain rhythmical

Make sure you ride the exercise equally on both reins.

The circle must remain round at all times

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RIDER TIPS

The rider must be correct in their aids for the horse to understand the exercise

The riders use of weight aids will be important to the horse

Ensure the shape of the circle is kept

Have a clear plan of what you are going to ride.

EXERCISE BENEFITS

Suppleness through the whole body

Focus and concentration

Core strength, stamina and control

Fitness

Balance

Engagement and obedience



**NEXT EXERCISE:
LEG YIELD &
SHOULDER-IN ON
A CIRCLE**



LEG YIELD & SHOULDER IN ON A CIRCLE

HOW TO RIDE

1. On a large circle, choose the pace you wish to ride the exercise in.
2. Start by riding Shoulder-In on that circle. When you have ridden at least 3/4 of a circle in Shoulder-In, straighten again.
3. Then ride a 10m circle in the middle of your original circle. Then ride that 10m circle in Shoulder-In.
4. When the horse is soft and relaxed in the Shoulder-In on a 10m circle, straighten the horse on the 10m circle.
5. Keeping the bend through the horse from that 10m circle, start to Leg Yield out. When you reach a 15m circle, stay on a 15m circle.
6. On the 15m circle, ride Shoulder-In. Keep the Shoulder-In until the horse is soft and relaxed or a minimum of one circle, then straighten the horse on the 15m circle.
7. Now continue with your Leg Yield out until you reach your 20m circle again. When you reach the 20m circle, ask the horse for Shoulder-In and again keep it until the horse is soft and relaxed or for a minimum of one circle.
8. Straighten the horse on the circle, then ride large and when you are ready, change the rein and repeat the exercise.

EXERCISE TIPS

Make sure the horse is staying engaged and in balance and not dropping on to the shoulders.

Control the Leg Yield with your outside rein - don't let the horse fall out or run through the shoulder.

Keep control of the hindquarters, make sure they don't drift.

Be accurate on your circle sizes

Prepare for you changes from Leg Yield and Shoulder-In.

Rhythm and Balance is key

Be prepared to wait for relaxation and acceptance from the horse

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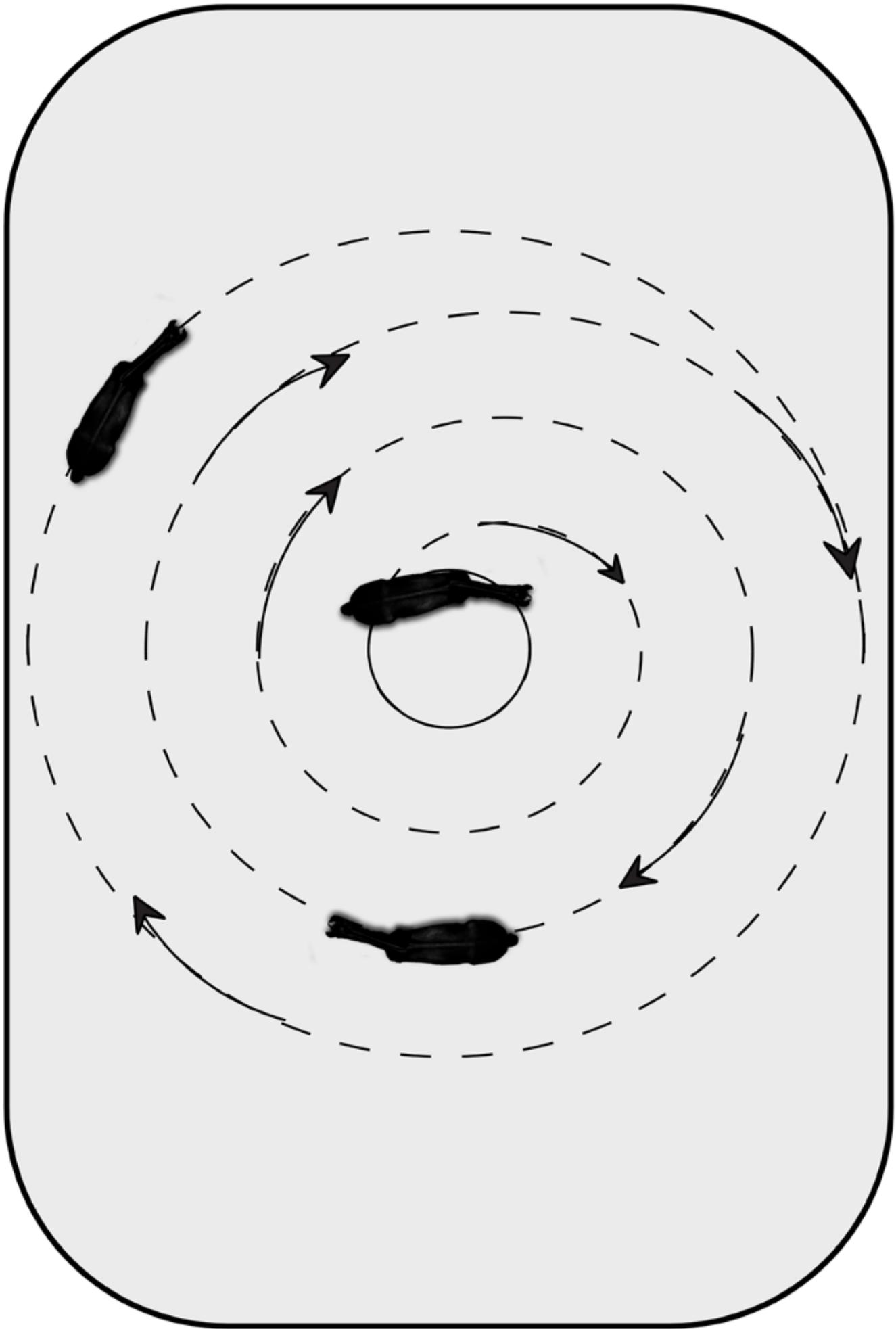
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RIDER TIPS

Don't over-ride, sometimes just being quiet and patient is the best way to let the horse work something out.

Be clear with your weight aids

Encourage balance in the horse from your own balance.

EXERCISE BENEFITS

Control and improving horse focus

Balance and suppleness

Encouraging stretch through the outside of the horse.

Acceptance of the outside rein



NEXT EXERCISE:
LEG YIELD
SHOULDER IN/TRAVERSERS
LEG YIELD



LEG YIELD - SHOULDER IN - LEG YIELD

HOW TO RIDE

1. Choose the pace you wish to ride the exercise in.
2. On the long side, start to Leg Yield away from the track after the corner.
3. When you arrive at the 3/4 Line, ride straight for a stride or two, then ride Shoulder-In for several strides.
4. Straighten the horse and Leg-Yield back to the track.
5. Repeat the exercise, but this time, instead of Shoulder-In, ride Travers.
6. Repeat the exercise once more, and on reaching the 3/4 line, ride Shoulder-In for a couple of strides before making the change to Travers. Ride the Travers for a couple of strides, then continue back to the track in Leg Yield.
7. Ride the exercise on both reins.

EXERCISE TIPS

The horse must be established in Shoulder-In and Travers

The horse must be correct in both the above movements in this exercise.

To start with you may need to take some straight strides in between the Shoulder-In and Travers to ensure the horse maintains balance.

The rhythm must be consistent

There must be fluency

Depending on your arena size and the horses degree of suppleness and balance, you may be able to change between Shoulder-In and Travers more than once before returning to the Leg Yield

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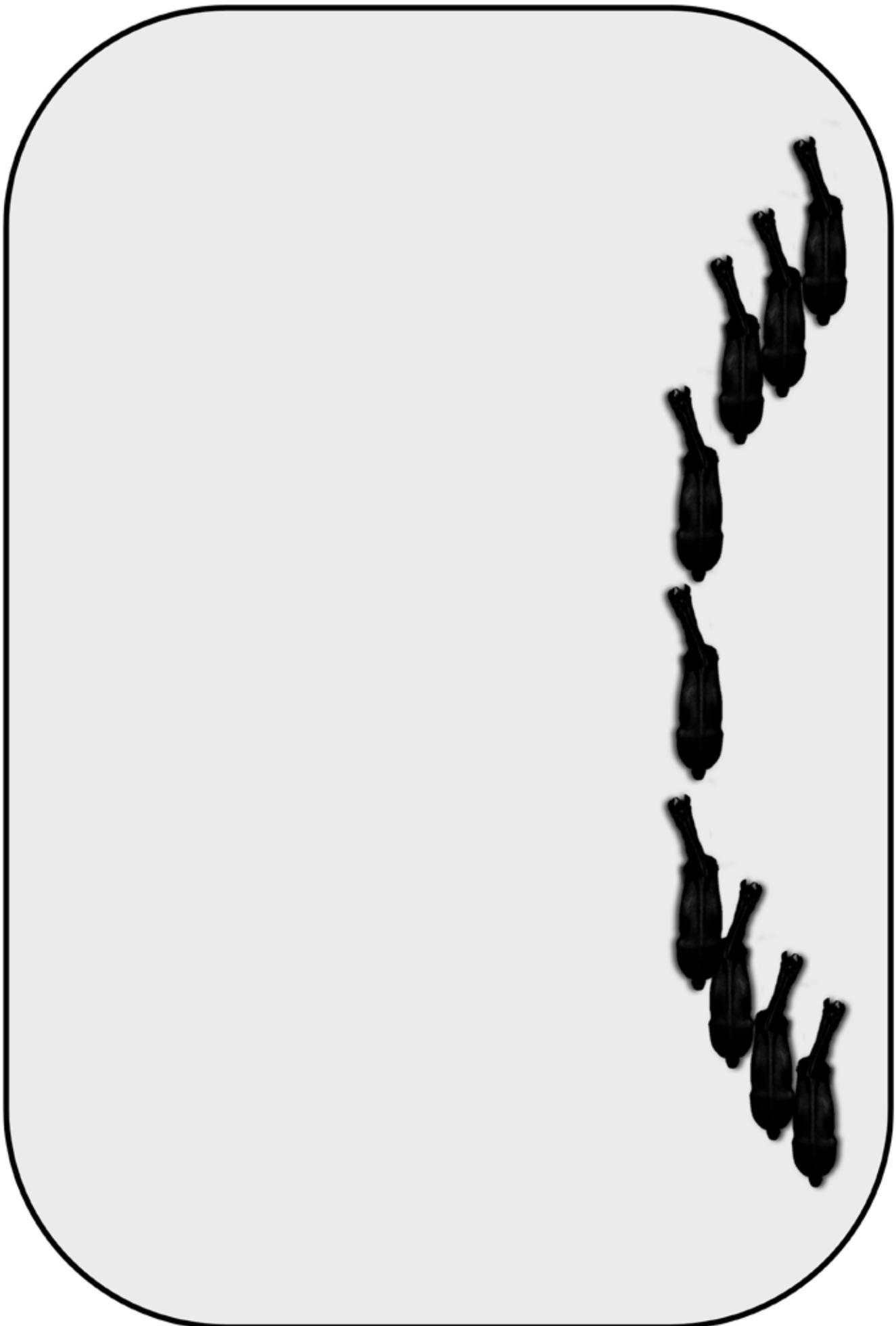
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RIDER TIPS

The rider must give clear, well timed aids

The rider must remain stable and supple for the horse to perform well in this exercise.

Be aware of rhythm changes and try to keep the tempo.

EXERCISE BENEFITS

Obedience and focus

Suppleness and acceptance of the aids

Improved balance

Acceptance of the leg



**NEXT EXERCISE:
SERPENTINES
WITH
SHOULDER IN**



SERPENTINES WITH SHOULDER IN

HOW TO RIDE

1. This exercise is best ridden Walk or Trot.
2. Start your serpentine at A or C.
3. As you begin your first loop, ride a 10/15m circle in the loop before continuing across the school.
4. As you finish the circle and start to ride across the arena, ride Shoulder-In.
5. As you approach the other side of the arena and begin your second loop, change the flexion and for from Shoulder-In straight to another circle.
6. Then repeat this. So ride Shoulder-In on the straight sections of your serpentines and then circles in every loop.
7. When you have completed your serpentine, go back to where you started (A/C) and begin the serpentine again.
8. This time ride shoulder in on the circles and the straight parts.
9. Repeat this all the way through the serpentine.

EXERCISE TIPS

Make sure the serpentine has even sided loops and circles

Ensure that you are riding a straight line whilst riding the Shoulder-In

Be careful not to let the horse fall in/out on the circles

Make sure you keep control of the shoulders/quarters at all times

Think about rhythm

Ensure you have the correct bend at all times

Start bigger and work yourself to more loops.v

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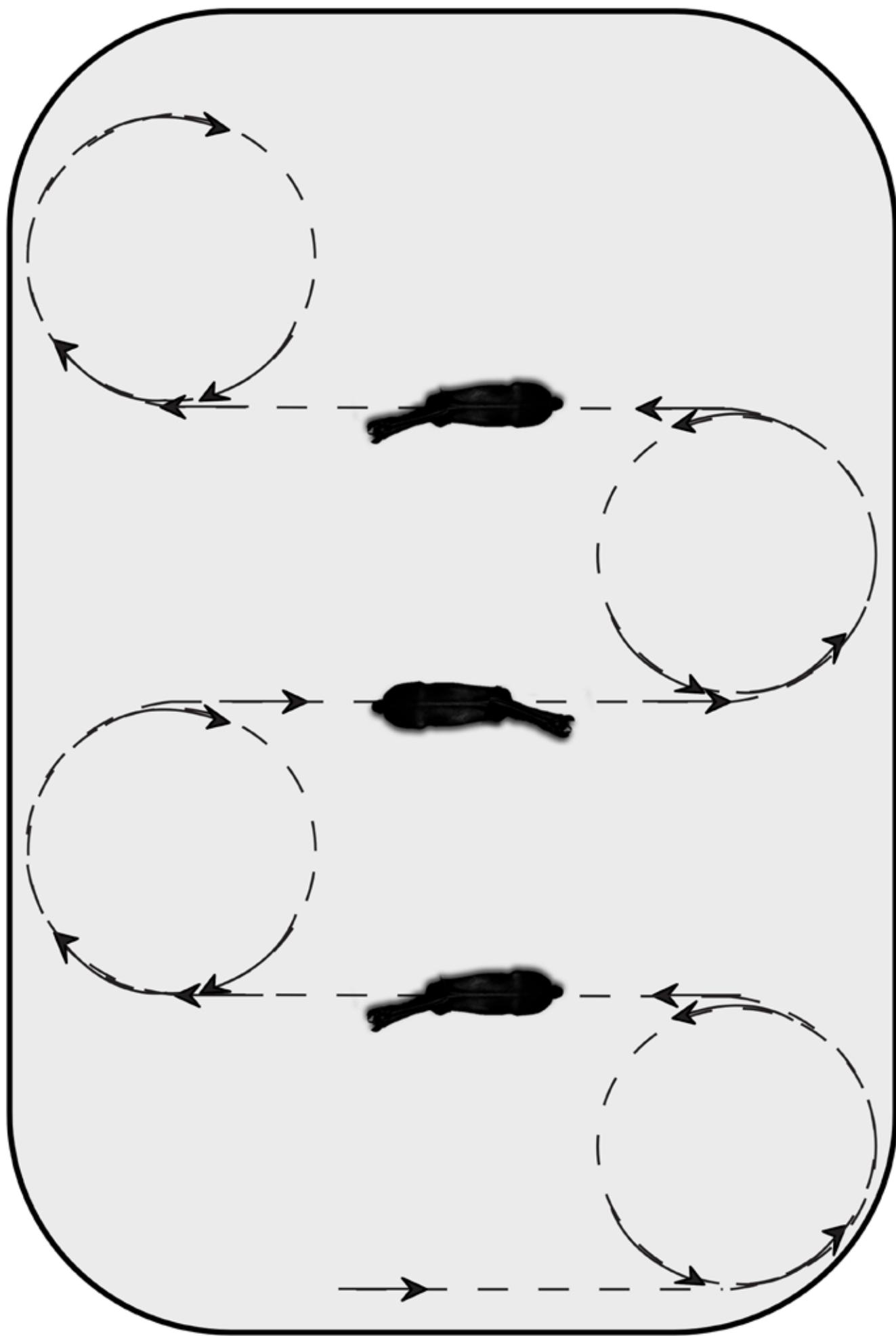
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RIDER TIPS

Have a clear plan of how many loops and how you will ride them

Ensure your transitions and aids are clear

Think about the changes in your position that will need to be made to enable this exercise to be easier for the horse

EXERCISE BENEFITS

Flexion and Bend

Improved Suppleness and balance

Changing of weight distribution

Quicker acceptance of the riders aids



**NEXT EXERCISE:
TRANSITIONS
THROUGH LEG
YIELD**



TRANSITIONS THROUGH LEG YIELD

HOW TO RIDE

1. Choose the pace you are going to start with.
2. Turn down the 3/4 line and start to Leg Yield back towards the track. As you are Leg Yielding, make a transition up or down, continuing to ride the Leg Yield as you do so.
3. Repeat the exercise, but this time, make two transitions as you continue the Leg Yield.
4. You can also do this while riding Leg Yields from the Centre line or all the way across the arena.
5. Try the exercise again, but this time ride a Shoulder-In. Whilst riding the Shoulder-In, make a transition.
6. Then try riding two transitions or more.
7. Repeat on both reins

EXERCISE TIPS

The Shoulder-In can be great for helping with Canter transitions

Asking for Canter as you finish a Leg Yield can be a great way to improve power and to help get the correct strike off.

The horse must stay supple and relaxed through the transitions

The lateral movements must not be compromised in the transitions

The rhythm and energy should be maintained throughout.

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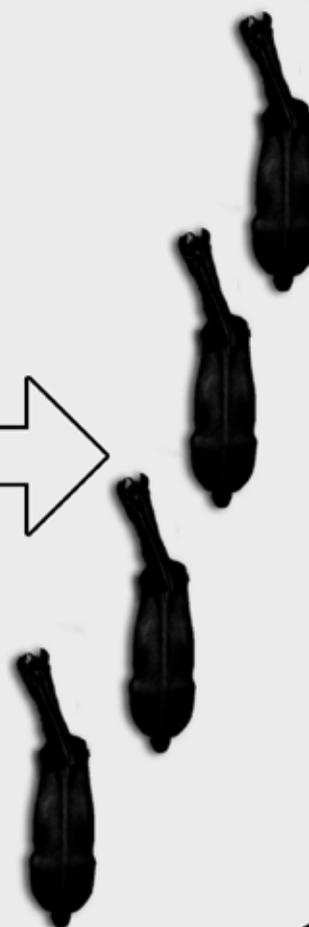
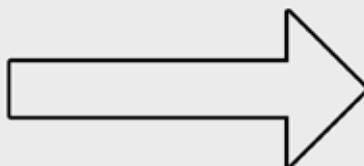
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TRANSITION



A



RIDER TIPS

The riders position must allow for the transition whilst also riding the lateral movement

Make clear, definite aids

Remain supple and in balance with your horse

EXERCISE BENEFITS

Increased engagement of the hindquarters

Improved positioning for transitions

Improved core stability and strength

Improved Balance



**NEXT EXERCISE:
DEMI-VOLTES,
LEG YIELDS AND
HALF-PASSES**



DEMI-VOLTES, LEG YIELDS AND HALF-PASSES

HOW TO RIDE

1. Choose the pace you wish to ride the exercise in. Ride down the long side and when you get to H (can be any of the corner letters), ride a 1/2 10m circle, returning to the track at K.
2. At A, ride a 10m circle, then continue around the arena to M, where you will ride a 1/2 10m circle and return to the track at F. Then ride a 10m circle at A.
3. Repeat the exercise but this time instead of just riding as straight line back to K and F, ride it in Leg Yield.
4. Then repeat the exercise again, but this time replace the Leg Yield with Half-Pass.

EXERCISE TIPS

Its probably a good idea to have a go at riding a large working pirouette prior to this exercise. Try riding a 10/12m circle with the horses quarters in. Make sure the horses shoulders remain leading at all times.

When the horse can cope with the larger pirouette easily, you can make it smaller, but not too small.

Make sure your horse can collect in the Half-Pass prior to riding this exercise.

Balance is key!

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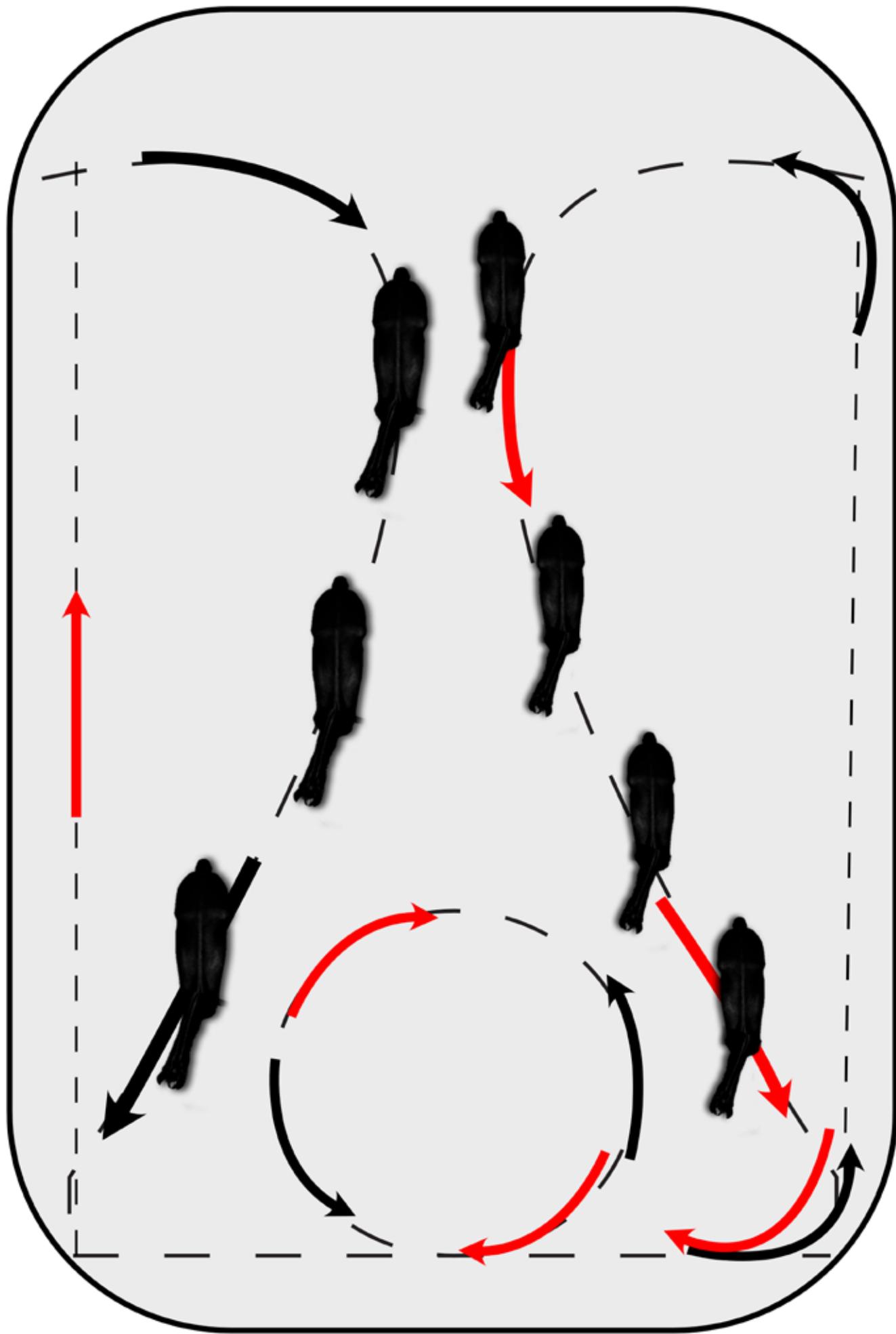
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RIDER TIPS

The rider must use all the aids definitively and at the correct time

The rider must be stable, strong and supple in their seat and position.

It's your responsibility to feel the loss of balance and to know if you can "fix" it or stop and try again

EXERCISE BENEFITS

Suppleness and balance

Control of the shoulders

Control of the stride length

Improving collection and sit

Control of the rhythm



HAPPY RIDING!



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