



DO YOU WANT TO BUILD A SNOWMAN



Jumping Challenge

LESSON FOCUS:

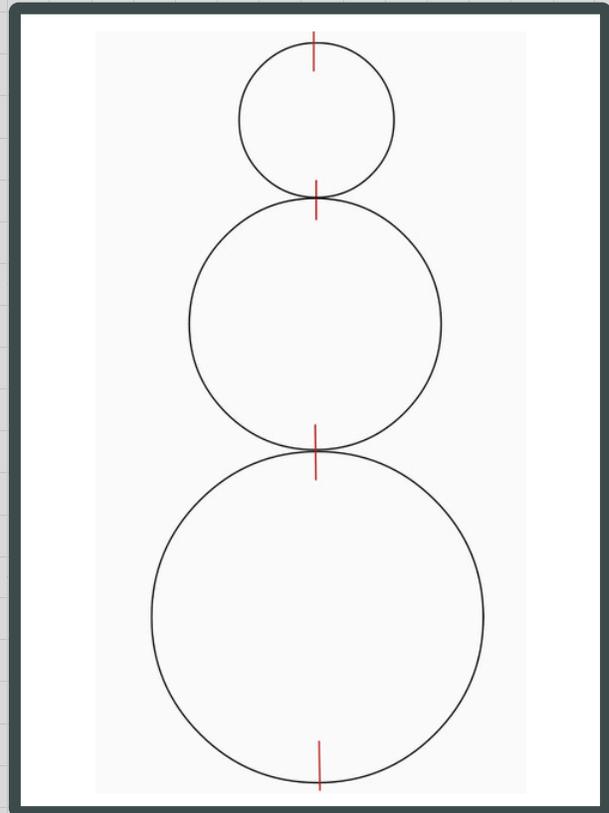
To improve line accuracy, balance through turns, and adjustability of stride while circling or serpentineing down the centre line over four jumps. Riders must create smooth loops between fences, “building the snowman” shape with their track.

EQUIPMENT NEEDED:

- 4 single fences placed on the centre line (aligned vertically, spaced 10m (jumps 1-2), (jumps 2-3) 7.5m, (jumps 3-4) 5m)
- Standards and poles for each

OPTIONAL:

- Decorative winter elements (garland, “snowballs”, white poles, etc)



SKILL FOCUS:

- Maintaining rhythm and straightness before/after each fence
- Creating smooth bending lines between fences
- Planning the curve early and keeping the horse balanced
- Keeping consistent pace and number of strides on each circle while adjusting line and shape

LESSON NOTES:

- Begin by cantering over poles on the centre line to establish straightness.
- Work on riding each circle with the same # of strides on the first half of the circle and the second before moving to the next circle.
- Introduce the serpentine track—loop left to the first fence, right to the next, and so on—creating the “snowman wiggle.”
- Emphasize staying tall in the upper body, soft rein connection, and allowing the horse to stay balanced in the curves.
- Focus on track over height. Accuracy and rhythm first.
- Encourage riders to visualize drawing the snowman with their path.

VARIATIONS:



LEVELS	DESCRIPTION	KEY FOCUS	REPEAT UNTIL
1	Serpentine over poles or low Xs, in trot focusing on track first, then rhythm.	Steering with leg, soft rein, staying straight before bending.	2–3 smooth repetitions each direction.
2	Ride the full Snowman pattern in trot or canter with simple changes on landing, returning consistent rhythm through each loop.	Line accuracy, quiet upper body, consistent canter.	3 consistent centre-line serpentines with consistent # of strides on each half of circle. (i.e. 4 strides on 1 half of 10m circle, and 4 strides on second half of same circle. Stride # will be different for different circle sizes.)

LEVELS	DESCRIPTION	KEY FOCUS	REPEAT UNTIL
3	Focus on changing bend and balance over the jump, working to change leads from circle to circle (simple changes if needed)	Balance in change of circle, moving horse to new outside aids to land on correct lead without adjusting rhythm.	Horse stays balanced through all loops.
4	Challenge precision without losing power. Changes happening over every jump from circle to circle.	Balance in change of circle, moving horse to new outside aids to land on correct lead without adjusting rhythm.	One full clean Snowman both directions with consistent # of strides on each half of circle. (i.e. 4 strides on 1 half of 10m circle, and 4 strides on second half of same circle. Stride # will be different for different circle sizes.)



COACHING NOTES:

- Encourage riders to land on the lead they need by changing the bend and balance over the jump for the upcoming loop if appropriate to horse/rider level.
- Remind them of returning to consistent rhythm and not change the stride length, or energy, work on creating a consistent ½ circle shape.
- Emphasize straightness for one stride as they cross the centre line, beginning each loop.
- Celebrate improvements: “Your snowman is getting rounder!”



DID YOU ENJOY THE SNOWMAN JUMPING CHALLENGE?

- Looking for more flatwork or jumping exercises?
- Follow us on our social media platforms to keep up to date with new releases!



@COACHBEYONDTHEARENA

