

Training / Behind-the-Scenes YouTube Videos

Summary Notes

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This document provides a selection of key messages from publicly available videos. It is not meant to replace watching the content in full. The appropriate application of these methods is horse/rider-specific and can only be understood by watching the videos and listening to the detailed instructions provided by the experts.

The notes I have made relate to exercises, coaching cues and training philosophies. While much of the content may already be common knowledge, summary notes are helpful for synthesizing information from many hours of video to enhance understanding as well as to compare different training methods.

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Marcus Ehning

Marcus Ehning-My Training

<https://www.youtube.com/watch?v=6eFKV2G7qyA>

Credit: Selli Ham

Facility

- Very large ring with a significant amount of material in it.
- Track around the ring.



Infrastructure around the ring, including a track immediately outside the ring and surrounding paddocks.



Overhead view of the ring displaying the large volume of jumps in the ring.



Magnetic board with jump builds and distances written out. The board is updated frequently – a good way to plan the ring/training.



Nine bounces set up at the side of the ring. I suspect they are permanently there.



Overhead view of the stable area.



One covered walker and one covered longeing ring just outside the stable.

Training

- Good training only begins when the horse is relaxed. You can only have control if the horse is focused on the rider.
- Control isn't hours of drilling dressage, but to have the horse mentally 'free' and to be able to focus on the jump and cues.
- Schools a lot of related distances at home (cavalettis or raised trot poles) to play with stride length, rhythm and pace.

-Spends a lot of time working on grass (purposely not on a perfectly manicured surface). Wants to feel that the horse is reacting to the surface beneath them and paying attention to where their feet are placed. How the horse moves on grass is totally different as compared to a homogenous sand surface.

-When jumping at home will do 2-3 single jumps and then immediately gets into courses (short or long courses – smaller jumps then builds up). Jumping is all about rhythm and focus – you can't really train either of those qualities over single jumps.

-Lesser riders focus too much on choosing exercises to create perfect jumping technique. For him, between the jumps is where you should focus...if you have a good approach the horse will always jump optimally. Don't need to manipulate the jump with exercises.

-He is a very organized person by nature. In his riding on course, he wants to have everything done early between the fences and to not disturb the horse during the last strides before the jump.

-Every time you pull on approach you take the horse's focus away from the jump and redirects the focus to your cue...so the rider should reduce the amount of pulling as much as possible.

Obviously, you will always need to make some adjustments but practice prioritizing a minimalist approach and creating situations where you do not need to be 'handsy'.

-He trains in a way that ensures horses can mentally handle a lot of distances...wants them to have a large 'toolbox' of movement abilities on approach (i.e. longer and shorter take off distances, jumping angles, etc).

-Has 4-6 week plans for each horse but it is dynamic depending on what horses need. Choose best shows for horses and never put them in a compromising position.

Marcus Ehning – My Equipment

<https://www.youtube.com/watch?v=26TRLMtSaRc>

Credit: Selli Ham



Bits/bridle

-One bridle for every horse...everything needs to fit perfectly.

-For sensitive, lighter mouths need a thicker/softer bit.

- Shows bridles for Stargold, Pret a Tout, Comme Il Faut.
- When you get a new horse always take them back to the simplest bit and then go from there (ignore what the previous rider used).

Shoeing

- Preferred shoe at the time was a hind shoe with lateral surface. Felt it gave a better push off when jumping on non-grass surfaces at speed.
- David Bostock is the farrier...need a good relationship and people who will share their opinions.

Legs

- He does ride in Eskadron bandages under polos (in case a horse knocks legs while moving).

Wellness

- Does have saltwater spa for horses.
- Does use solarium, especially when colder.
- At the time was watering hay.

Marcus Ehning – My Team

<https://www.youtube.com/watch?v=EpNmsKBbSt4>

Credit: Selli Ham

- Has someone video a lot of his training at home (both flatting and jumping).
- His sister, Karina, is the stable manager.
- Aims for 14-16 shows per horse per year. Monitors how many flights the horses take, how many long trips, etc and tries not to exceed certain thresholds.
- Dr Bjorn Nolting was the veterinarian and looked at horses at least every second week (usually once/week) to stay on top of their health.
- Everyone on the team is important and every insight is valued and listened to.
- Does use acupuncture. His acupuncturist is very good at identifying problem areas in the body (muscle issues).
- Melina Jobst was show groom. Having a good groom removes a lot of stress. Someone who is organized and does the best for the horses is prioritized.
- Yann Chartier was the home rider.

PURSUIT OF GREATNESS - MARCUS EHNING - EP01: MY RIDE

<https://www.youtube.com/watch?v=BUAUdHjEoJo&t=7s>

Credit: Longines Global Champions League

- Horses need to be well trained and be mentally ready.
- Figure out what the horses like (i.e. how they want to move, their preferred schedule, etc.) and prioritize incorporating those peculiarities. However, there will always be times where you need to figure out a compromise to get them to go with you on certain non-negotiable aspects.
- He says many times 'keep it as simple as possible'.
- Only put horses in big classes if they are ready and wanting to do it.
- Do what horses like to do and make it easy for them.
- If horses are consistent in big classes over time... that is the pinnacle of success.

- Cornado has a lot of character but also a high work tolerance. Could be hard to manage his personality at times.
- Funky Fred was born at his stable. He is consistent and always ready to work...very steady horse. Not a genius like Cornado but a safe horse.
- Comme Il Fault has a huge heart and outstanding quality. Always fights for it and has a big personality. He is strong in his mind and needs to do it his own way.
- Pret a Tout is the professor in the stable. Fast and flexible...reads jumps very well and is very clever. You have many options with him.
- Stargold is younger at the time of filming. Very efficient technique so doesn't overjump...makes him different than the others. A very strong character and can play between jumps...so need to keep him focused.



Free longeing with tack but no line

Scott Brash

Masterclass 5 with Scott Brash

<https://www.youtube.com/watch?v=4Plowuik8hg&t=1039s>

Credit: Equitop Myoplast

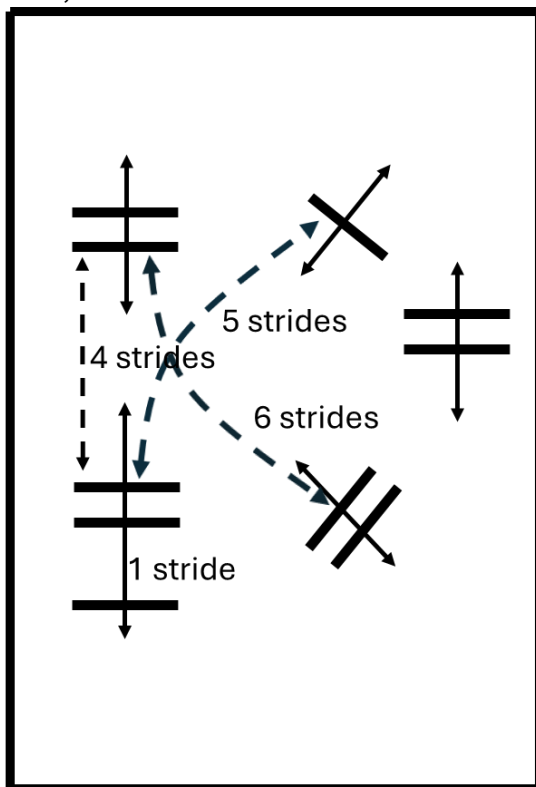
- He does always use bandages/boots to protect legs for turnout, any work, etc...
- Hello Mr President was quite spooky when younger but matured out of it (to an extent).



Hello Mr President at 7 years old. Bell boots, front and back boots would be typical gear for Scott's horses at home.

- Young horse program - if jumped Saturday, Sunday at a show then:
 - Monday you need to go for a hack. A good way for their mind to relax and for muscles to loosen.
 - Tuesday would be flatwork with a focus on working any tight muscles you feel when in the saddle (or on the ground).
 - Wednesday would be gallops and working on cardio.
 - Thursday would be a jumping day.
 - Friday would be an easy day in preparation for the weekend's work. This could be flatting to ensure the horse is listening (shortening, lengthening, etc) but not taking too much energy.

- Before winning Grand Slam at Spruce Meadows he did a lot of gallops with Sanctos. He would go on the gallop track twice/week to maintain fitness. Sanctos needed to be very fit (i.e. have a high volume of work) to perform well.
- His stable has a gallop track...video of horse going maybe 550 m/min. Gallops in the two-point so horses can use their backs
- When warming up at canter he is deliberate about being in the two-point for an extended period...feels it allows horses to move freely through their backs and to get that segment ready to jump.
- German riding school progression #1 rhythm, #2 relaxation, #3 contact, #4 impulsion, #5 straightness, and #6 collection. Balance and “thoroughness” are the overarching training goals.
- If jumping at home always starts with a vertical (a few jumps off each lead) and then move on to a single oxer for a few repetitions.
- He is very much a repetition guy. Repeat, repeat, repeat until he is happy with a ride before moving on.
- Being correct in rider cues as often as possible is the goal...it transfers to consistency for the horse and builds their confidence. Of course, you need to adapt based on what horse needs...but the closer you can be to your cues at home when at a show the better off you will be.
- The exercise below allows for material to be jumped either way, you can do bending or straight lines, etc.



- Work on landing on correct leads, being on the correct rhythm.
- Interesting to watch Hello Mr President school at home...quite explosive.
- He warms his horses down (canters for a few minutes at the end, then down to trot for a few minutes). He believes it helps the horses relax after jumping...good for their brains. Don't want a horse to be fired up jumping, then to stop with no warm down and have the brain stay running. Rides should always finish with a relaxed and happy horse.

- Says he spends at least 10 mins cantering and trotting, then another 10 mins walking after jumping a class.
- Focuses on variety in work. Does hacking, galloping, road work, gymnastics, jump schooling, etc

Peder Fredricson

At Peder Fredricson's Farm - Insights into the Life of a Showjumping Legend | Equestrian World

<https://www.youtube.com/watch?v=T-RpJAEmoAA>

<https://www.youtube.com/watch?v=6dQujYH7hll>

Credit: FEI / Longines Global Champions Tour

- Having a property with lots of hills is critical to his program (the development of his horses).
- As he has evolved, he appreciates more and more the importance of a sound horse. If a horse is nursing minor issues, it will be impossible to have them perform well in competition.
- Facility has a covered walker.
- Seems to always have an open water set up in the ring.
- Says he does not jump much at home if the horse is in the middle of competition season. Will jump small stuff (gymnastics) but nothing big.
- Not a fan of short distances...if you do jump bigger at home make sure distances are adjusted accordingly (for the speed/stride length of the canter).
- Focusing on galloping and bigger strides (need to train this at home to ensure you have balance).



Has built a track through the forest (notice the uneven surface) to provide a different environment for horses to work in (affects proprioception, leg stiffness, etc and forces the horse to be more attentive). It is a deeper sand surface.

RITNING ÖVER DEN STORA BANANS STRÄCKNING



Courtesy of #agrianaturbana

Map of the track through the forest.



Courtesy of #agrianaturbana



Seems to be individual turnout. Paddocks are large.

Fredricson Biomechanics Study (in Swedish)

<https://www.youtube.com/watch?v=TmUZq8td5Lk>

Credit: Agria Djurförsäkring

Peder Fredricson: Sweden's legend who has taken jumping to a new level | EVERY SECOND COUNTS | Ep.5

<https://www.youtube.com/watch?v=PkCWKqgUWhg>

Credit: FEI



Stable design.



Barefoot protection.



Trotting on gravel road (firm surface). Also, video of him cantering on a firm surface (similar to crushed limestone trails in Ontario).



Peder Fredricson and Malin Baryard Exercise Series

MALIN & PEDER'S BEST EXERCISES - FIRST LESSON

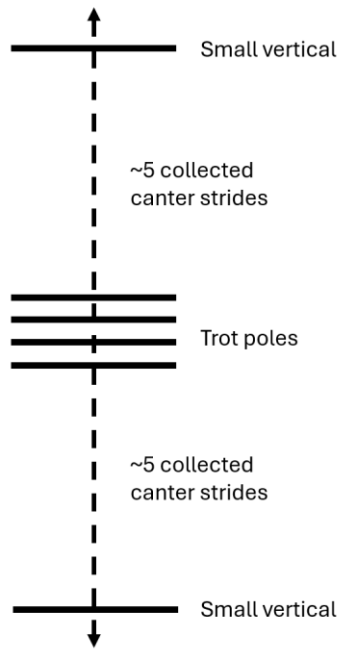
<https://www.youtube.com/watch?v=Rd5eiMHy2EE>

Credit: HMWeLoveHorses

- Has a series of 4 trot poles and says she likes them for training balance.
- Can adjust distances to challenge the horse to extend or shorten step.
- The horse needs to look at the ground which is another perturbation to balance.
- Good for sharper/hot horses because they must not rush to successfully place feet.
- Want the horse to work in its' own balance without too much leg or hand.
- Her philosophy is very much having the horse listen to the rider and always awaiting direction.



- To increase difficulty you can add in jumps before and after.
- Jump in, slow to the trot for the poles, do poles, pick up canter and then canter out.
- Can also circle in and out at different points to ensure the horse is listening.



Exercise visible on the left side of the ring.



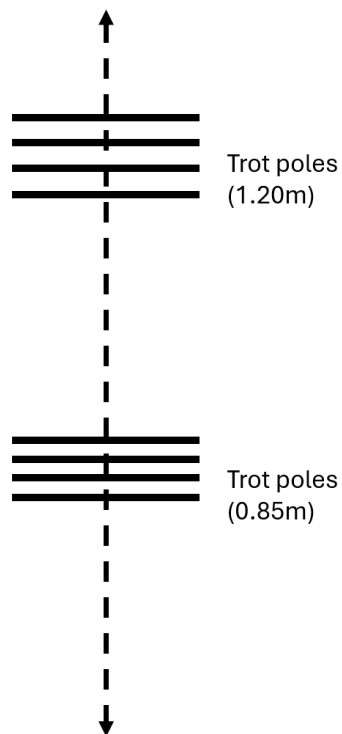
Equipment set-up on TORNESCH 1042

MALIN & PEDER'S BEST EXERCISES - SECOND LESSON

https://www.youtube.com/watch?v=Oza_53JBrns

Credit: HMWeLoveHorses

- Relaxation is a common theme with Peder.
- Wants horses always in front of leg and good contact with the bit.
- Starts with a normal distance with two sets of trot poles (1m between poles).
- Over the poles wants horse to stretch neck and lower head.
- Then moves one set of trot poles out for a longer distance (1.20m) and the other set of poles is spaced closer together (0.85m). **Obviously distances depend on the horse you have...a weak or uncoordinated horse can't handle big distance changes.
- Spacing between sets of trot poles is up to rider...~15m seems to be a good distance.
- Want to feel the horse respond to the leg and push forward/take the bit when going to the longer poles, and to collect and wait for the shorter poles.
- His horse had quite a bit of lateral movement (when videoed from the front) over the shortened poles to create more space. Smart from the horse but technically 'cheating'.

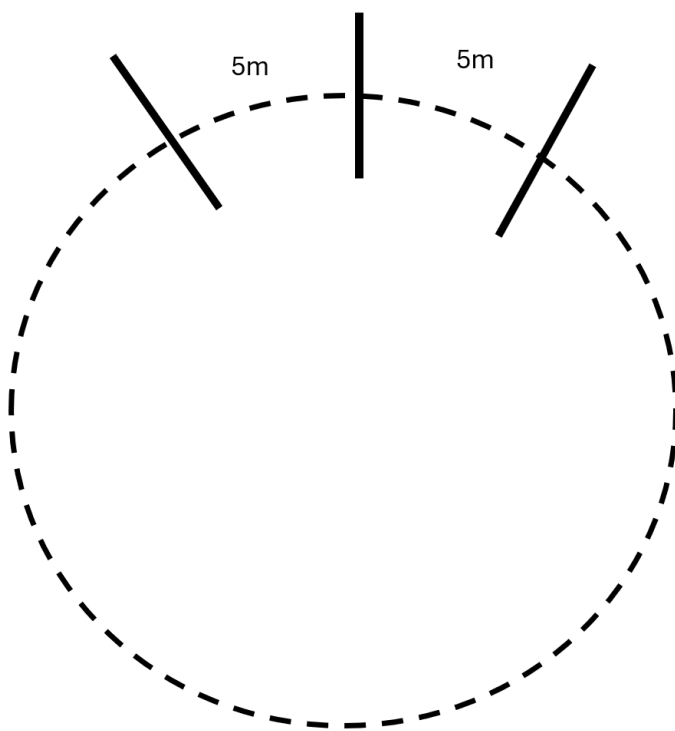


MALIN & PEDER'S BEST EXERCISES - THIRD LESSON

https://www.youtube.com/watch?v=LRQcRM9_boQ

Credit: HMWeLoveHorses

- Poles positioned along a curve – a good exercise for teaching horses to jump in a round shape.
- Want to approach the first jump with the horse already bent to the inside.
- Want to feel the horse stretch the neck down over the jump and moving away from the inside leg. Push with inside leg to outside rein.
- A good exercise to test the sidedness of the horse.
- He will also set to 11m between jumps (3 strides between fences) with the same principles (i.e. assessing if a horse wants to fall in or out, can it collect itself between the fences, etc). Off of the 3 strides you can make fences larger but will need to increase distances accordingly. Can raise all 3 jumps or just the middle jump.





Exercise set-up (horse is Holliday KLG).



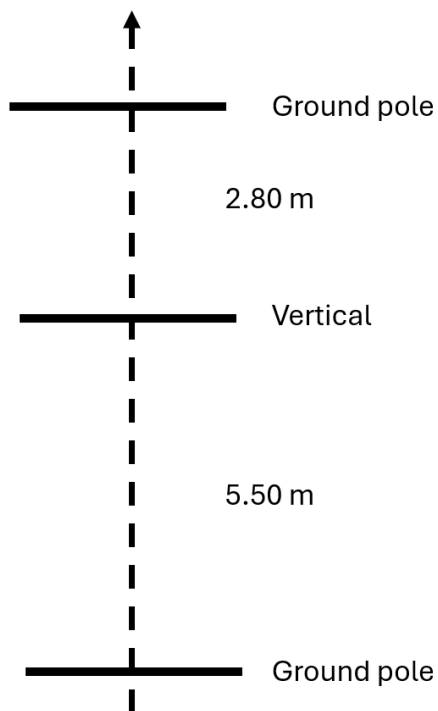
If the horse is falling in you can add a pole to help encourage the horse to stay out.

MALIN & PEDER'S BEST EXERCISES - FOURTH LESSON

<https://www.youtube.com/watch?v=THZuNsquMpo>

Credit: HMWeLoveHorses

- First circles over the first pole (in front of fence) to ensure horse is not simply running at the fence. Keeps circling until horse is very relaxed over the pole...then go jump the fence.
- Make sure the horse is relaxed, waiting, and in front of the leg.
- If the horse is tense and rushing then you always circle out (in a controlled, non-frantic way) and if the horse is relaxed and has a nice canter you take the jump.
- ‘Relaxed’ and ‘waiting’ are the key cues with this exercise.
- Likes the exercise for teaching the horse to jump round and use the body (which you cannot have if the horse is rushing and tense).
- Want to really feel the shoulder come up and the neck stretch out and down.





MALIN & PEDER'S BEST EXERCISES - FIFTH LESSON

<https://www.youtube.com/watch?v=4ODM3tVWV5M>

Credit: HMWeLoveHorses

-At minute 1.55 there is an 'interesting' jump...surprised they left it in the video but informative to see.

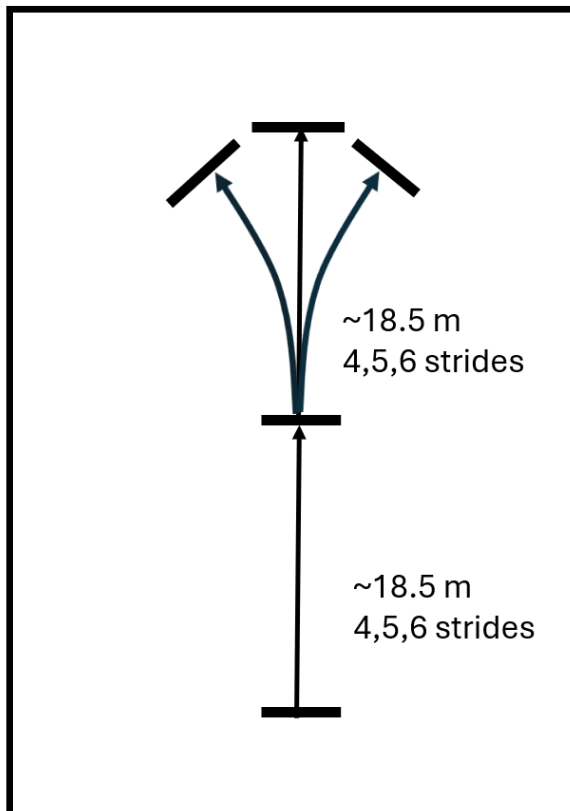
-When a horse gets excited restoring/maintaining the rhythm is key for them to relax. If you try to manage the excitement by holding the horse then it will start to 'bounce' and the issue only gets worse, and you lose the rhythm totally.

-If the horse is a bit excited don't try to add strides right away. Get a nice rhythm and find strides that work for the horse. As the horse relaxes then you can start to collect and add strides. But to ask for collection too early will just frustrate the horse.

-Once the horse is totally relaxed then you can open the canter and leave out.

-If the horse gets strong during the exercise then make him stop after the jump.

-Never get angry with them...it always makes it worse.





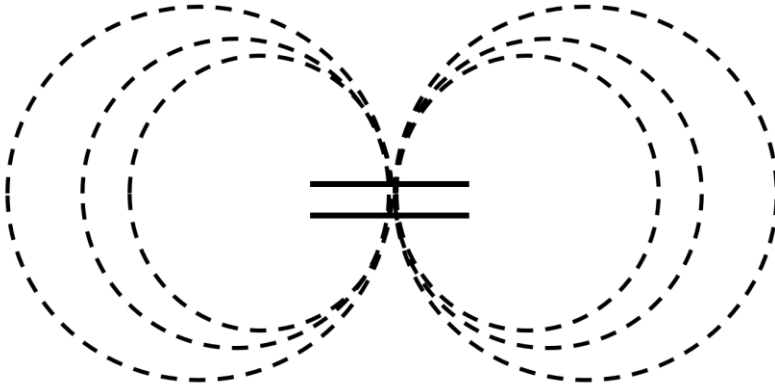
The 'interesting' jump. Some miscommunication on approach but the response was disproportionate.

MALIN & PEDER'S BEST EXERCISES - SIXTH LESSON

<https://www.youtube.com/watch?v=c0SOvBj9vq0>

Credit: HMWeLoveHorses

- Useful exercise (especially for jump offs).
- Make sure you land the correct lead.
- Gradually make circles smaller and smaller as you go.
- Need to keep the horse around the inside leg...if the horse falls in your distance will be too close to the fence. Conversely, if the horse falls out your distance will be long.



MALIN & PEDER'S BEST EXERCISES - SEVENTH LESSON

<https://www.youtube.com/watch?v=vuuPN15b4hA>

Credit: HMWeLoveHorses

- Trains a combination oxer-2 strides-oxer-2 strides-vertical (goes back and forth).
- Peder seems to be more liberal with the ground line than most riders (at least in the educational videos). Really rolls the ground line out to increase take-off distance and give the front end more time to come up and be tidy. I need to study his rounds in competition to see if this is always his style.
- Horse does have a rail in the combination and when re-jumping he further increased ground line to cue the horse to back off further.
- For combination want horse to relax, carry a good rhythm throughout. Combinations are all about confidence.
- For the rider, want to stay tall and keep leg on.



Take-off distance > landing distance (see below). More similar to a traffic and field hurdler trajectory.



MALIN & PEDER'S BEST EXERCISES - EIGHTH LESSON

<https://www.youtube.com/watch?v=FOeZD3JlYPs>

Credit: HMWeLoveHorses

- Usually starts her warm-up 15 riders before her (~30 minute warm up).
- In the morning she will always do something with the horses (light flat, hack, longe).
- She sits the canter at the start for the sole purpose of staying secure in the saddle (in case a horse is fresh and spins, bucks, etc).
- Doesn't jump massive oxers in the warm-up but does always try to finish on a tall vertical.

MALIN & PEDER'S BEST EXERCISES - NINTH LESSON

<https://www.youtube.com/watch?v=bBk7tbINTUQ>

Credit: HMWeLoveHorses

- Malin talks as she jumps a course in the competition ring and has a go-pro on her chest.

Training session with Peder Fredricson part 1

https://www.youtube.com/watch?v=yyUDYESL_EY

Credit: HMWeLoveHorses

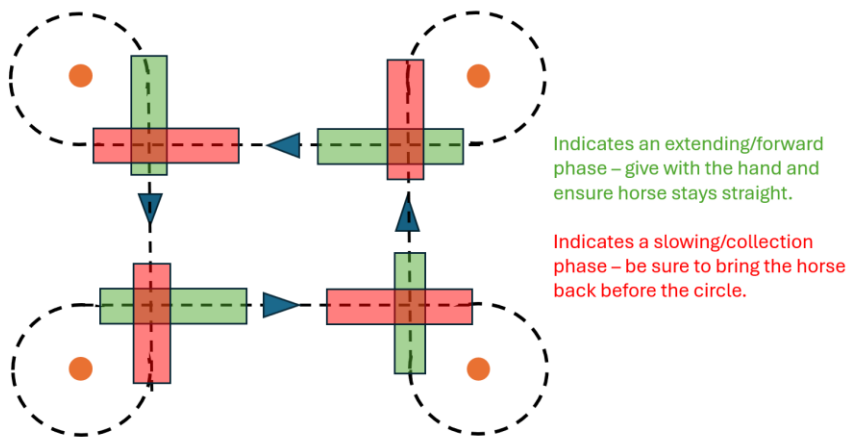
-Swedish castle exercise. Can practice in walk, trot, and canter. Precision is the key (straightness, consistency of circle shape, balance).

-He does the exercise on a large grass field with gentle hills...good for practicing adjustments to cues/balance based on the grade of the surface.

-Only after the age of 6, when the horse is well developed, can you incorporate smaller circles and greater pressure in the opening and shortening of the stride.

-Should be at least 25m between cones (but ~30-40m is probably ideal). The circles should be 10m in diameter...thus aim to ride 5m inside of each cone.

-When you move forward give with the hand and the horse should go into the bit and follow.



Training Session with Peder Fredricson part 2

<https://www.youtube.com/watch?v=Sr1EtRKcatA&t=189s>

Credit: HMWeLoveHorses

-His philosophy is that on course you canter through the turns and when you see the fence you straighten, get the horse to sit a few strides out and prepare, and then soften when you jump. You then land, let the horse go again, and repeat the process.

-The benefits of this philosophy are i) the horse can cover ground more quickly (good for jump offs and time allowed) and ii) you can carry more speed (required as fences get bigger).

-Conversely, some riders will try to have horses more collected around corners and then when they see the jump will push the horse forward...but here the horse will end up being on the forehand and jump flat.

-If you have a good canter around the corner and already have pace then you have more options while maintaining the tension/elasticity and athletic posture in the horse.

-To practice this, his exercise is a pole on the ground. Approach the pole with a slightly forward trot and then a few steps out do a small half-halt (should feel a change in balance in the horse and a slight slowing for 2-3 strides) and then soften and give your hand (moderate) just before and over the pole.

-The half halt/taking the horse back shortens the neck...but the horse needs a long neck and to be able to stretch down to jump...so be sure you get the horse back and sitting on hind legs early enough that you can give him his neck to jump/trot over a pole.

-When you give with the hand the horse should maintain contact and follow the hand forward.

-Once you can do this well over the ground pole can try a small jump.

-On landing, the hand should softly follow forward...don't need to take the hand back directly. Allow the horse to still stretch forward for 2-3 strides after. Then you can start to take the horse back starting with leg, then seat, and finally the hand.

-Feel that you ride a little forward in the turn, take back and when you take back you should feel that you are doing it with the leg so you get in touch with the bit, and then as you soften your hand over the pole try to get the horse to follow your hand forward and downwards over the pole.



Aerial view of Peder's property...it is much hillier than portrayed here.

Learn to Canter in the turn

<https://www.youtube.com/watch?v=dTABUGu1FIE>

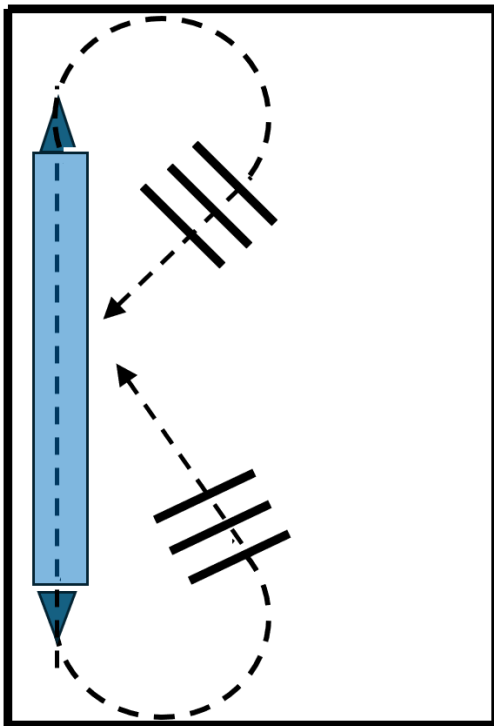
Credit: HMWeLoveHorses

-Trot the below pattern while performing shoulder-in along the long side. Ride forward in the trot through the turns and then sit tall with body and wait for the trot poles to come to you.

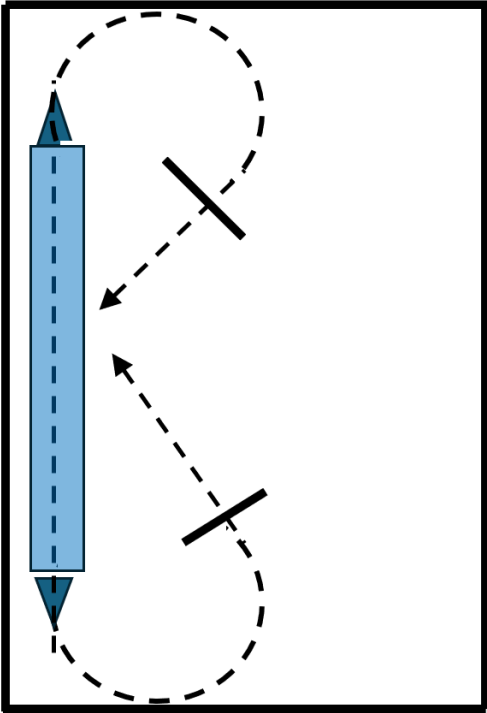
-The shoulder-in along the long side is to work on suppleness.

-Do the same exercise in the canter with verticals. Collected and shoulder-in along the long side and then ride forward through the turns. Get your eye on the fence early through the turn and as you approach sit tall and wait. After the jump get the horse back and into shoulder-in and repeat.

-Always need to give the horse 2 strides after the jump before bringing the horse back to ensure the horse knows it can finish the jump without interference.



Shoulder-in
along long side



Shoulder-in
along long side

At Home With Malin Baryard

https://www.youtube.com/watch?v=exlcx6lnW_k

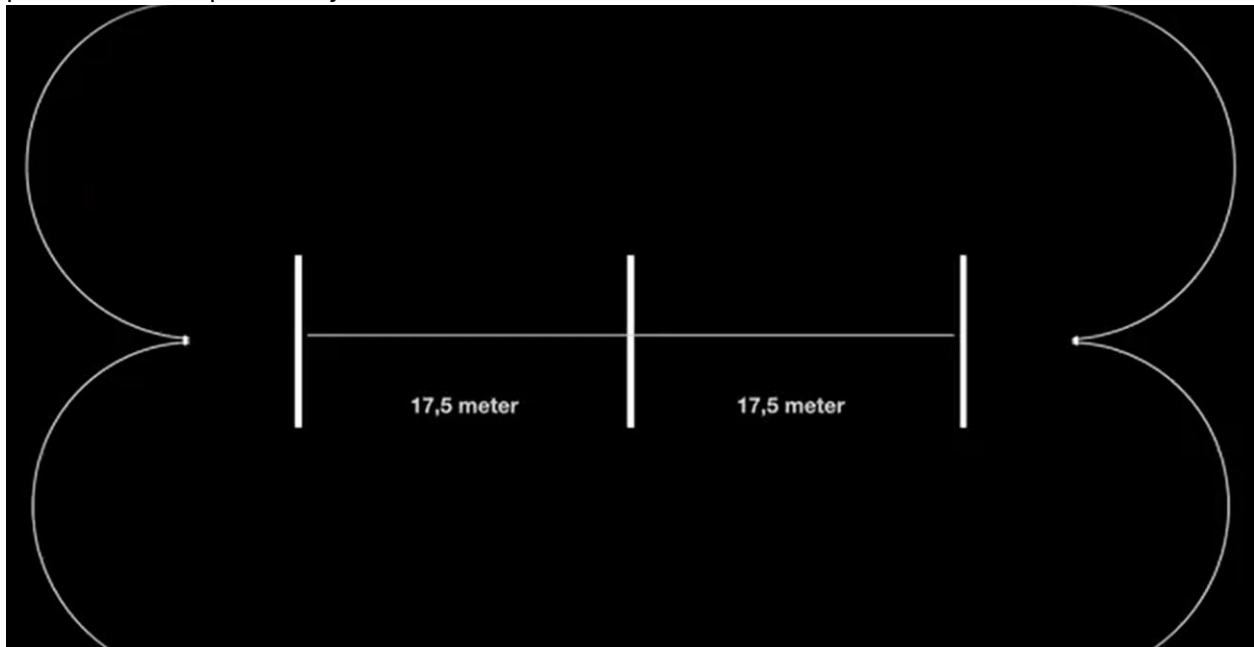
Credit: HMWeLoveHorses

-She rode a horse that 'lights up' when she jumps so a lot of the focus was on managing that aspect.

-17.5m over small verticals is a steady 5 to start...wants to progress to 4 strides.

-She would stop in front of fences and back up, also circle out, if the horse was charging down the line.

-Work on communication with horse during this exercise...it is low impact so can focus more on the precision and repeatability.



Daniel Deusser

Fan Questions with Daniel Deusser on training your horses and inspirations

<https://www.youtube.com/watch?v=XCM-WulufOY>

Credit: Rolex Grand Slam of Show Jumping

-For young horses he would typically jump courses once a week and set up a gymnastic exercise for technique once a week (for two total jumping sessions/week).

-First Class had a big, long body which could be difficult to manage so Deusser focused a lot on flatwork in an attempt to make the horse more adjustable. While it may have improved the horse a bit, in retrospect, it was hard on the horse's body and made him sore...which likely impacted performance and longevity. *Lesson - focus more on the mind and not the body...if the horse has a good brain and understands the sport that is more important than a 100% 'correct' body.

UNBELIEVABLE! This is Daniel Deusser off the course! | Aachen winner breaks the record!

<https://www.youtube.com/watch?v=cs2SToyc-lk>

Credit: CHIO Aachen

-Has a solarium

-Lots of paddocks, gallop tracks, grass ring, walker, competition surfaces, indoors, forest for hacking, etc at Stephex.

Killer Queen

-If super fresh will get longed in the morning and ridden in the afternoon.

-Horses come out twice a day (ridden and walker, walker and ridden, longed and ridden, etc).

-Get the sense the horses don't turnout much as they talk about hand grazing her.

-Describes her as having a lot of thoroughbred in her and a strong mentality. Could be quite fresh and wild.





Killer Queen on gallop track (will use the track often)



Cornet d'Amour in paddock with angus cattle

-Franke Sloothtaak - to be considered a complete rider you have to be able to develop young horses, to show mature horses well, and to have the ambition to win.



Basketball challenge for the interview

Young Riders Academy Videos

YRA Series - Long Reining tips by Jens Fredricson

<https://www.youtube.com/watch?v=4wm2cBvPsDY&t=12s>

Credit: YRA Young Riders Academy



Rein placement (images above and below).



- Start on a big circle with a long neck and nice rhythm, the goal is relaxation at the start.
- A good way to monitor, from the ground, how the horse moves.
- No one, correct method to long rein.



- Can do some shoulder in... starting on a smaller circle and then moving the horse out.
- Can do collection work. Start with transitions, then shoulder in, then smaller circles.
- Never do exercise for too long and allow the horses to stretch between sets.
- Horse works from behind, through back and stomach, and lets the neck down...this should result in nice supple movement.
- Transitions are great to practice...easier to learn without rider on back. Want horse thinking forward and working from behind.

YRA Series - Jos Lansink's Stable

https://www.youtube.com/watch?v=RC1_Ak6yM2s

Credit: YRA Young Riders Academy

-Has horses go in forest often to hack and relax.

-Horses trot on asphalt road.



Jos Lansink' property



Covered walker and covered longeing ring

YRA Series – Water Jumps – Franke Sloothaak

<https://www.youtube.com/watch?v=rWwpQtwSFh8>

Credit: YRA Young Riders Academy



Build for teaching a young horse to jump water.

-He did the approach as a single fence (no related distance) and not off a big gallop. Turned back and then 6 stride approach.

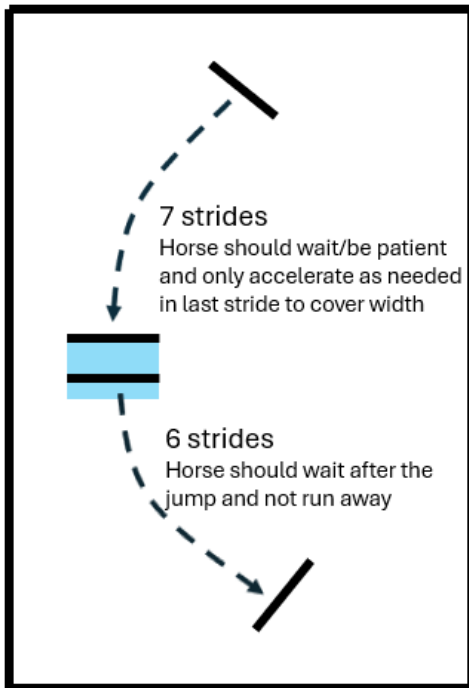
-Once the horse goes over a few times then raise back rail and make it wider. Meant to give horse confidence and encourage them to jump with the correct trajectory.



Phase 2 jump

-Once horse is comfortable and trusts then build a very kind related distance, 7 stride bending line where horse can build and take you across the water at last stride (want to make sure horse is waiting and not just running).

-In total would have done ~10 jumps with the horse over the water.





This version requires a mature, brave horse that already has a lot of confidence at water.



Make sure there are breakaway cups in the back 😊



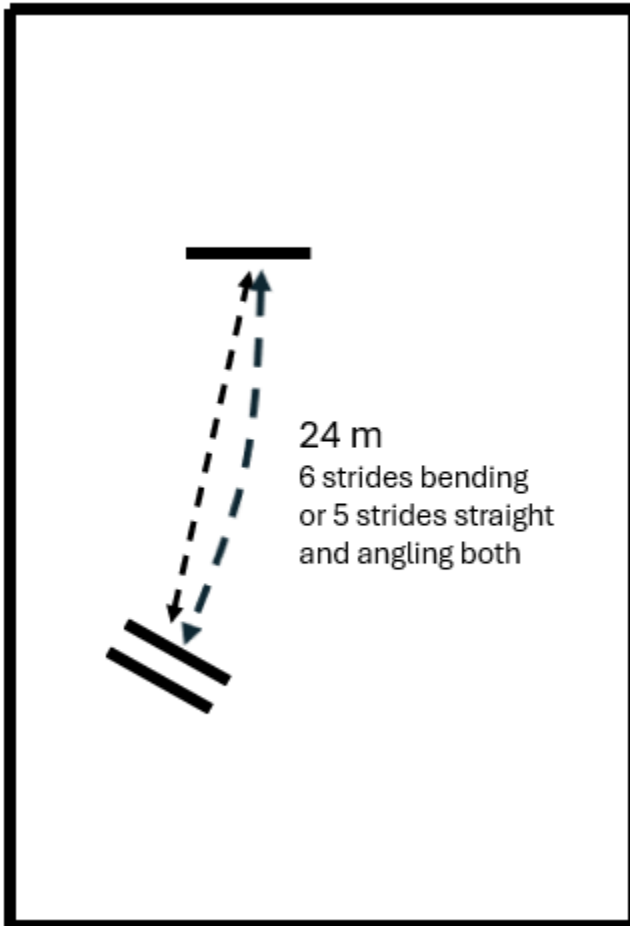
Likes this build also for: i) helping rider find the right distance and ii) working on the horse's technique (if done correctly, the horse waits and then in the penultimate stride and last stride will generate increased impulse from the hind end).

YRA Series – Turns -Franke Sloothaak

<https://www.youtube.com/watch?v=vXXUWdOaPgg>

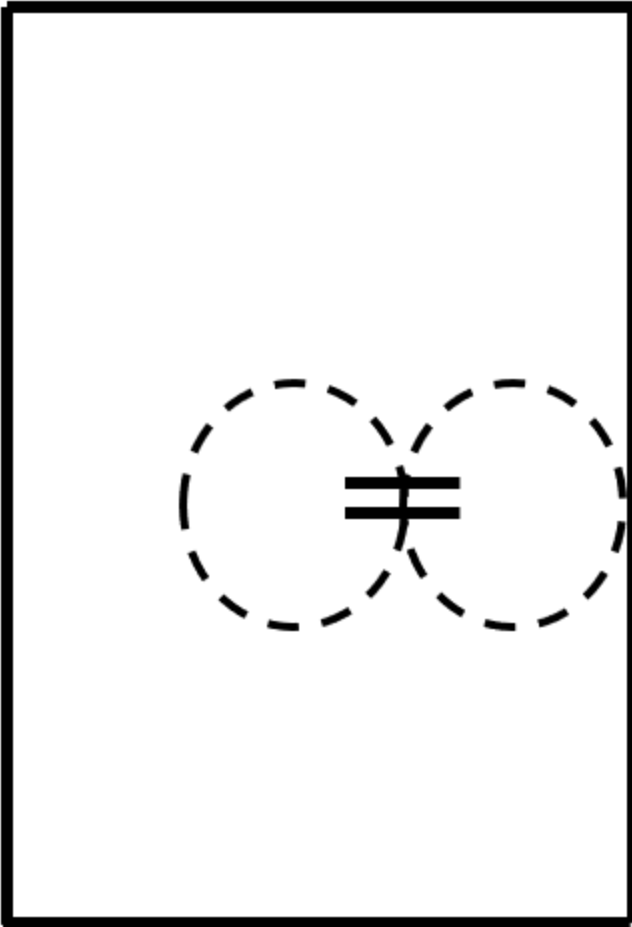
Credit: YRA Young Riders Academy

Phase 1: Jumping a related distance to show that small changes to a line (bending vs straight) will allow for different strides. This builds confidence in a safe environment.



-This exercise builds confidence for horse and rider – teaches that different approaches can allow different strides and/or jumping on a slight angle can be an option. Rider learns not to get hectic when doing one stride less.

Phase 2: Getting horses comfortable and confident turning and jumping in a simple pattern.



-Do this exercise with a small oxer (~1m) as it requires more focus and stops riders from constantly balancing and slowing when on smaller circles. For horses, it requires them to be active, pushing from behind, and going into next turn. If you do have a horse or rider that isn't looking ahead and is always balancing to the jump then some distances will not show up properly and you will never be fast enough.

-The ultimate goal is to get horses comfortable and confident with landing and wanting to go to the next fence. Can build the jump bigger to increase complexity but always want a horse to land and look for where to go next.

-Don't slow down, keep a positive velocity and have the horse stay in front of you and take you to the jump.

Phase 3: Jumping on more extreme angles

-Here it is important to be straight...any lateral movement makes it much more likely the horse will look to 'escape'.

-Start slow with smaller fences and build it up from there.

-Think about horse being between your seat, legs and hands.



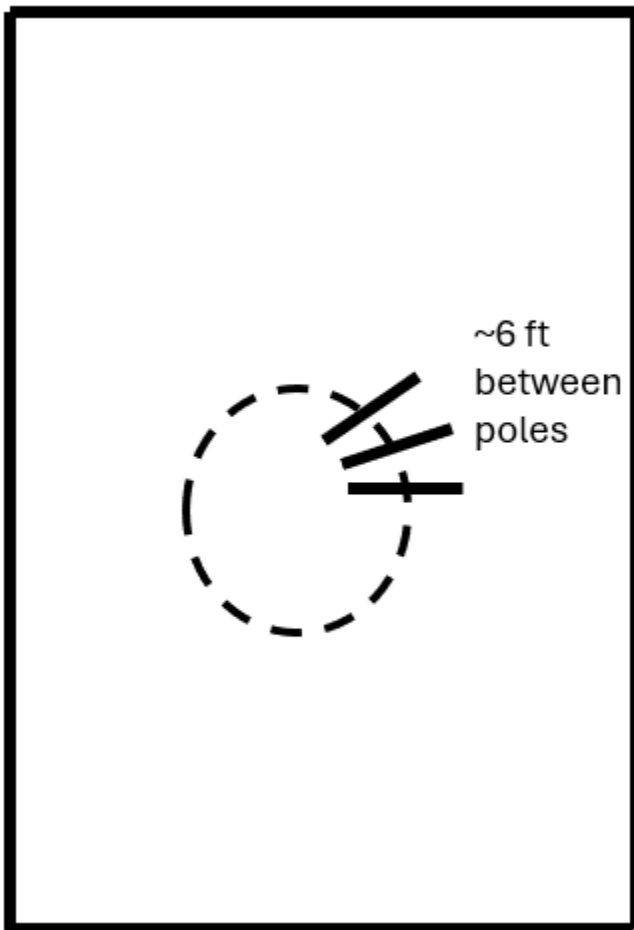
Jumping on an angle.

YRA Series – Poles on a Circle – Franke Sloothaak

<https://www.youtube.com/watch?v=51sLdBjx5YQ>

Credit: YRA Young Riders Academy

- Start on a circle and ensure horse is staying active and balanced.
- Make the circle as small as possible at canter...inside rein stays loose, contact with outside rein. Inside leg on and outside leg back. Do this for 2-3 revolutions and then switch to other direction. Then take a break and relax. When you make the circle very small the rider should feel the horse really collect and the hind legs being hyper-active.
- You can also do some cantering over poles in a straight line to ensure you have a good rhythm and activity before going to the circle.



- This exercise should be done slow so that riders can practice using their seat to create impulsion or to wait (for colder and hotter horses, respectively).
- When horses are balanced and straight flying changes are never an issue. As long as the rider is subtle using the inside rein and opens the horse that direction the change will automatically be there. Riders always do too much with their bodies and it negatively impacts the horse's balance.
- If you keep a constant connection with the horse it will never be afraid of the bridle.
- The most difficult situation is when you approach the fence with nothing in your hands. It makes it hard to find distances and riders tend to push too early/rush the jump. If you have the feeling of a horse taking you then you can stay tall and be more patient at the base of the jump.

-Only ever do a few revolutions each direction before giving a break...it can be a lot mentally for horses.

YRA Series – Basic Flatwork – Franke Sloothaak

<https://www.youtube.com/watch?v=9rLxj183v9k>

Credit: YRA Young Riders Academy

-Activity and having the horse stay in front of the rider is the overarching theme for all of Franke's lessons.

-For horses that aren't naturally as active, then when warming up can apply leg at walk to ensure horse is responsive and moving away. And similar cues can be incorporated at trot and canter. Always a priority.

-When the body is correct the head and neck will follow (and not the other way around).

-Flatwork is like having a checklist...have your exercises and go through ot to ensure everything is working well. If there is an issue...is it new or chronic? Why has it shown up? What can be done to correct it (another exercise vs therapy)?

-Inside rein is ONLY there to stop the horse from looking to the outside.

-As little as possible and as much as necessary when training horses.

YRA Discussion – Lines in the course, jump-off and open water – Franke Sloothaak, Laura Klaphake & Jean-Maurice Bonneau

<https://www.youtube.com/watch?v=8mH5BDxTmM8>

Credit: YRA Young Riders Academy

- When straight and bending the horse is controlled by the seat and the ‘corridor’ of the aids.
- Everything is done on approach to maximize the force generation of the horse.
- Break the jump into thirds and work on jumping the left, middle, and right...it is important to stay correct in the line you choose.
- The fence needs to come to you...you don’t go to the fence. The canter and the line you select...ride that and the jump will appear as expected and optimally. If you chase to get to the next fence that is where errors and flat jumping occurs.
- It is important to jump at different speeds at home...jump at 300, 350, 400, 450 etc m/min.
- A lot of riders make the mistake of trying to make the take-off distance ‘normal’ in a line that is set long (i.e. the gallop up to their normal ~2 m takeoff spot). Instead, ride your optimal canter (within reason) and allow the horse to leave a bit longer...will get better jumps that way.
- Every time you run at the water you will get a flat jump. That is why he builds with a rail towards the back...trying to reinforce the correct parabola/trajectory. Similarly, on the landing side after a flat jump the quality of canter is poor...which makes related distances after the water unmanageable.
- The same with triple bars and horses landing with their body on the back rail...so often will build a higher pole in the middle to help adjust parabola.
- For a 1.50 m oxer the total spread (from take-off to landing) will be ~5 m...which is more than the open water at the Olympics (~4.2 m). So as long as you have a nice trajectory at the water then the jump itself is not hard and riding lines before and after is no issue.
- If you don’t destroy the canter when approaching the water then you will have a nice canter that is easy to control after.
- It is easier to jump water on grass because the horses read/respect it better than on sand.

YRA Discussion – Flatwork and Poles on the Ground, Combinations – Franke Sloothaak, Laura Klaphake & Jean-Maurice Bonneau

<https://www.youtube.com/watch?v=C0raHMtx6qw>

Credit: YRA Young Riders Academy

- FS believes you can't truly work the horse in a light seat.
- JMB wants horses always calm, patient and forward.
- With poles, JMB starts at walk, then moves on to trot and then canter. Horses need to be active stepping over poles but not anxious/nervous about them. A lot of people ride with too much pressure...this shows as horses afraid to step over poles at trot (jumping instead of just stepping over).
- JMB - for amateurs who may only have one or two horses to ride, do poles everyday since it trains the same processes as jumping without the physical demands on the horse's body.
- FS uses trot poles a lot so horses are comfortable with them.
- FS - it is critical the horse trusts the rider's seat and hands. If the contact is poor the horse will become afraid in its' mouth and that is where major issues arise.
- FS - poles on a circle are nice because the horse is forced to focus on legs and pick them up over poles, and if the rider gives correct impulsion it becomes 'easier' for horse to work through body and also to get nice connection with the mouth. The horse 'gives up its body' in this way and you can build trust with the horse (especially with the mouth). Also great for working horses that are stiff to one direction, etc.
- *Tim's interpretation...trying to find harmony between horse and rider is difficult when there are no obstacles for the horse/rider to read together. Conversely, with poles the rider's cues can help to put the horse in the correct position (to reduce their perception of effort), which in turn creates a sense of trust.
- FS never puts poles too far apart because he always wants the horse to wait for him (wait for his seat and direction). This is part of trust as well.
- FS wants to see a correct ride/jump all the time (even small jumps). It is dangerous to be too relaxed at small jumps (horse and rider not focused and then if an issue arises you can damage confidence)
- JMB breaks down a jump into three components i) the approach/preparation, ii) the take-off, iii) suspension/flight, and iv) landing (which is actually start of approach/preparation for the next jump).
- JMB wants a rider who follows the horse but if they land unbalanced, and take 1 or 2 strides to recover, that is 1 or 2 strides lost for the next approach/preparation stage.
- FS says that the priority on landing is to 'activate' the horse since most land on the forehand. Even if you need to balance...activate first (not faster but active) and then the horse is in an athletic posture and you can do whatever you need. Positive impulsion first then control the horse. If you land on the forehand and continue that way, when will the horse regain its' posture? Very hard to get in a good jumping position from bad posture.

YRA Series - Single Fences – Franke Sloothaak

https://www.youtube.com/watch?v=p_StLzb_AU

Credit: YRA Young Riders Academy

-Always jump both directions (when starting a session) because you have two different horses (need more impulsion away from home vs more patient going toward home).

-He wants the landing distance to be the same as the takeoff distance (often horses land too close to jump...especially in warm up). Having a horse that covers the jump and follows through is important for injury mitigation. Impulsion through seat at base of jump is how to get a horse to better follow through.

-Discusses slowing ahead of a jump being hard for horses' bodies (a very important point). If always jamming on the brakes at the base it is very hard on joints, muscles, etc.

-Activity is always preferred in a horse vs one that is lumbering along.

-To get a horse landing further from jump you can also add a small vertical (30 cm tall) 9 m after jump. Activates horse to go forward for the next stride.



Vertical (with ground line) followed by small vertical (at 3 m)

-Once the horse is active and going forward well then you can push the small vertical out a bit further.



Following vertical probably at 3.3m here.

- For verticals the ground pole goes out and for oxers he rolls ground line in (he never wants a horse to stay away from oxe since they need to cover the back rail).
- Early oxers are ramped then he will go square.
- Horses were jumping with open fronts and nothing behind.
- Horses that land far from the jump will never have issues with height (landing far away demonstrates huge power). The key with these horses is that they learn to control their bodies at take-off and to set the correct angles.

YRA Series - Combinations and Simple Lines – Franke Sloothaak

<https://www.youtube.com/watch?v=B40yJLZb9uE>

Credit: YRA Young Riders Academy

-When starting with combinations he always does two verticals (~7m; one-stride) and wants a collected, active canter.

-Tries to promote a deeper distance at the start to help the rider 'wait' with their body.

-If horses speed up through a line be sure to bring them back and restore the rhythm you had going in (outside rein and sit after). I never saw him pull horses up after jumps...always just reorganized at the canter.

-Then built a nice 6 stride line (training speed) that was vertical-vertical. Again, goal is to reinforce good position from rider and for the horse to wait. With correct technique at slower speeds it is then easier to go bigger at competition speed.

-When training at home with slower speeds never get handsy...important to have quiet hands and predictable cues so the horse maintains a good mouth.

YRA Series - Related Distances & Bending Lines – Franke Sloothaak

Part 1: https://www.youtube.com/watch?v=z_HtWxl9Dkk

Part 2: https://www.youtube.com/watch?v=Rcg_u5Yu06w

Part 3: <https://www.youtube.com/watch?v=NLDPs5JChPI>

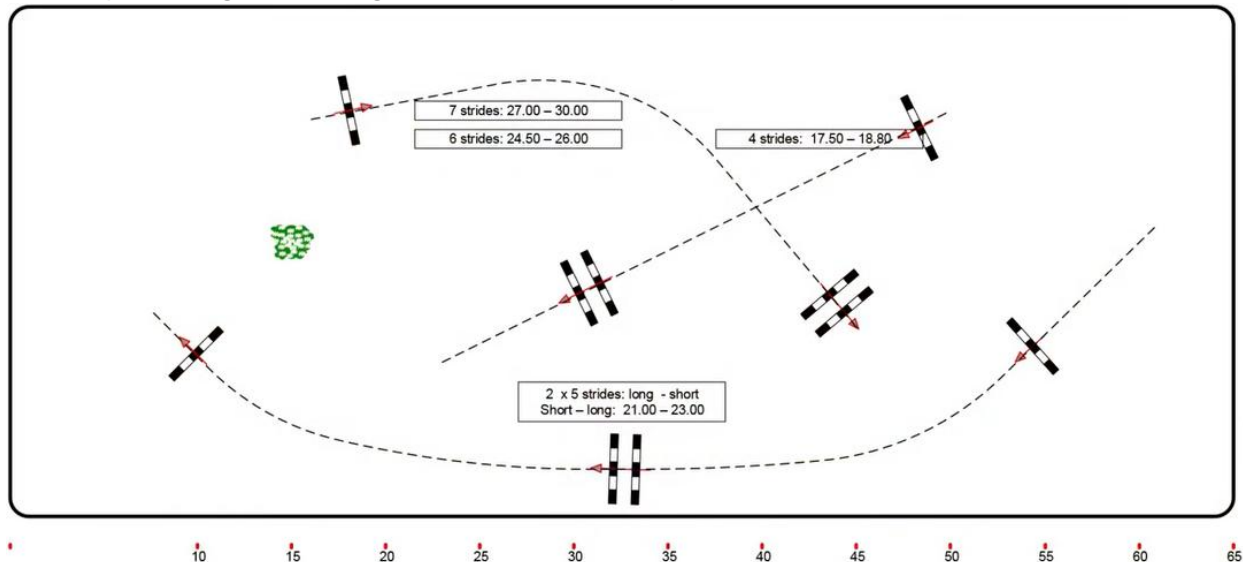
Credit: YRA Young Riders Academy

-The approach to jump 1 is the most important aspect of the entire course. This is where you set up everything.

-If your horse has a smaller stride you want to stay a bit to the inside. If a bigger stride you want to stay to the outside.

-Smaller fences/slower speeds make distances longer.

-In his opinion, a good training stride is 3.5 m. In competition it will be closer to 4 m.



The course for these videos.

-As jumps get bigger always remember that the take-off and landing distances will be longer, need more velocity and bigger strides, etc. These are all important considerations for the lines chosen.

-For a smaller horse (with smaller stride), when schooling at home, often it is ideal over smaller jumps to add in the lines where possible. This keeps the horses relaxed, focused and confident. If always pushing in lines they often get too hot and unfocused.

-Important for riders that they always leave enough room so that the last stride is always positive.

-16.5 m for a short 4 strides.

YRA Series - Young Horse Courses

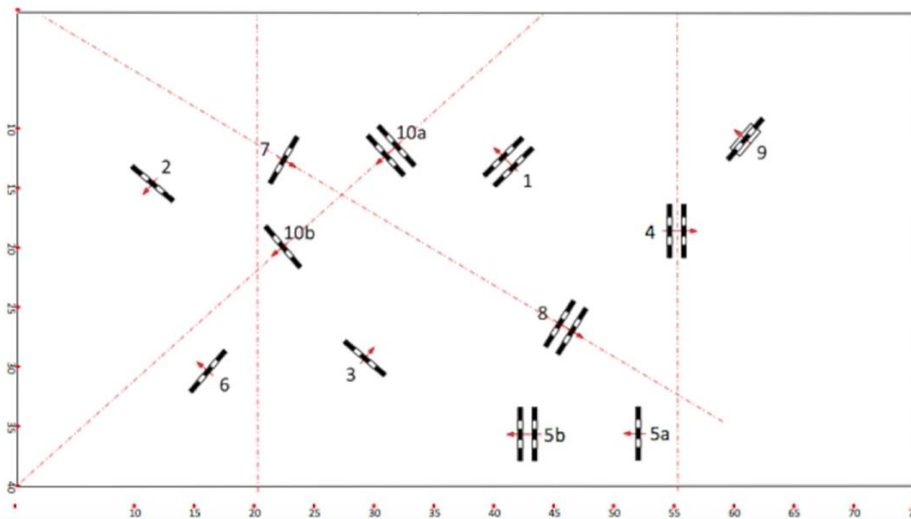
<https://www.youtube.com/watch?v=Y-CJc8N68so>

Credit: YRA Young Riders Academy

Course designer Louis Koninckx - Young Horses 5 & 6

5a-5b : 7.80 mtr
 5b - 6 : 25.50 mtr
 7 - 8 : 25.50/30.00 mtr
 10a - 10b: 10.80 mtr

Approach to combination 5ab should not pass the entrance

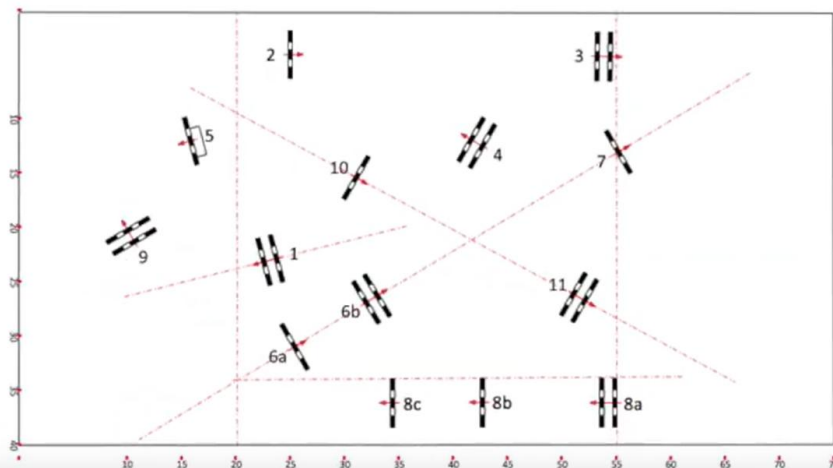


Course designer Louis Koninckx - Young Horses 5 & 6

2 - 3 : 29.50 mtr
 6a - 6b : 7.80 mtr
 6b - 7 : 25.50 mtr
 8a - 8b : 10.90 mtr
 8b - 8c : 8.10 mtr

8c - 9 : 30.50 mtr
 10 - 11 : 22.50 mtr

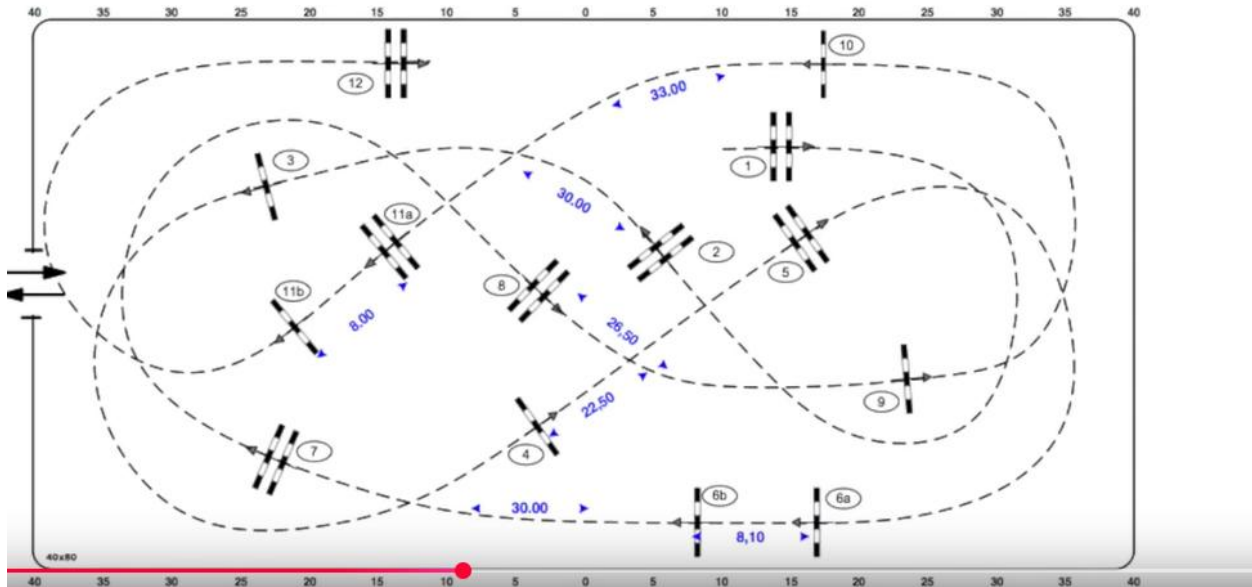
Approach to combination 6ab should not pass the entrance



Parcours design: Louis Koninckx (Ned), the use of this course design is only permitted with the approval of the designer

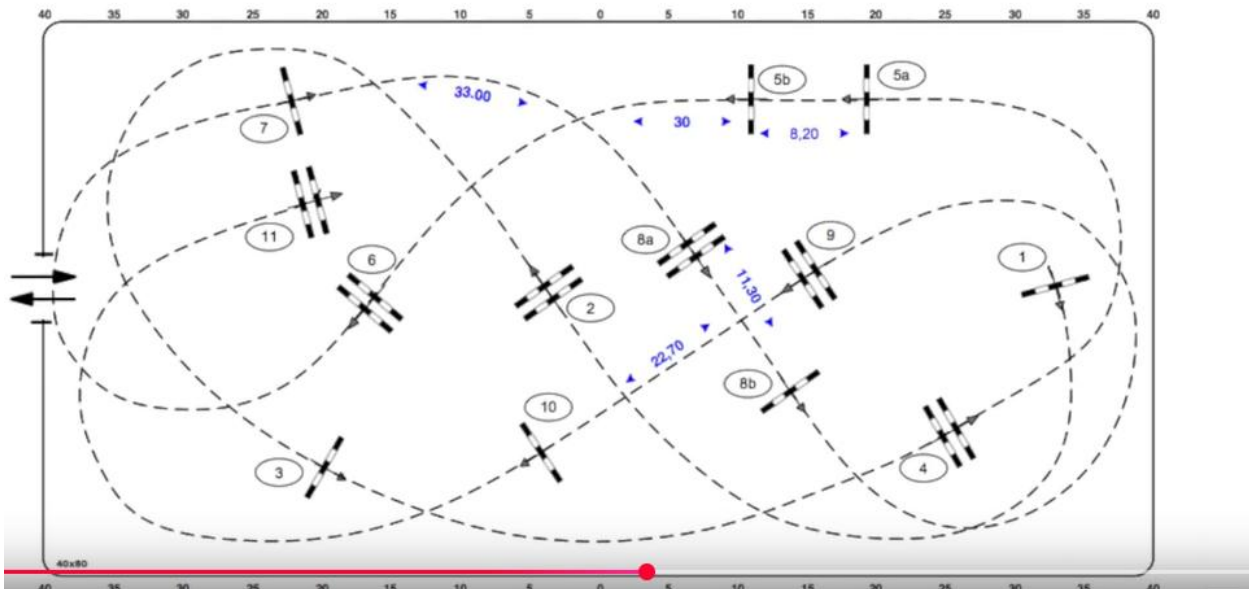
Course designer Santiago Varela - Young Horses 5 & 6

Table: A	Speed: 350 m/min	Obstacles: 12	1st Jump-off: 0 m
National RG:	Length: 512 m	Efforts: 14	Length: 0 m
FEI RG / Art. 238.2.1	Time allowed: 88 sec	Penalty sec:	Time allowed: 0 sec
Height: 1,20/1,25 m	Time limit: 176 sec	Closed combination:	Time limit: 0 sec

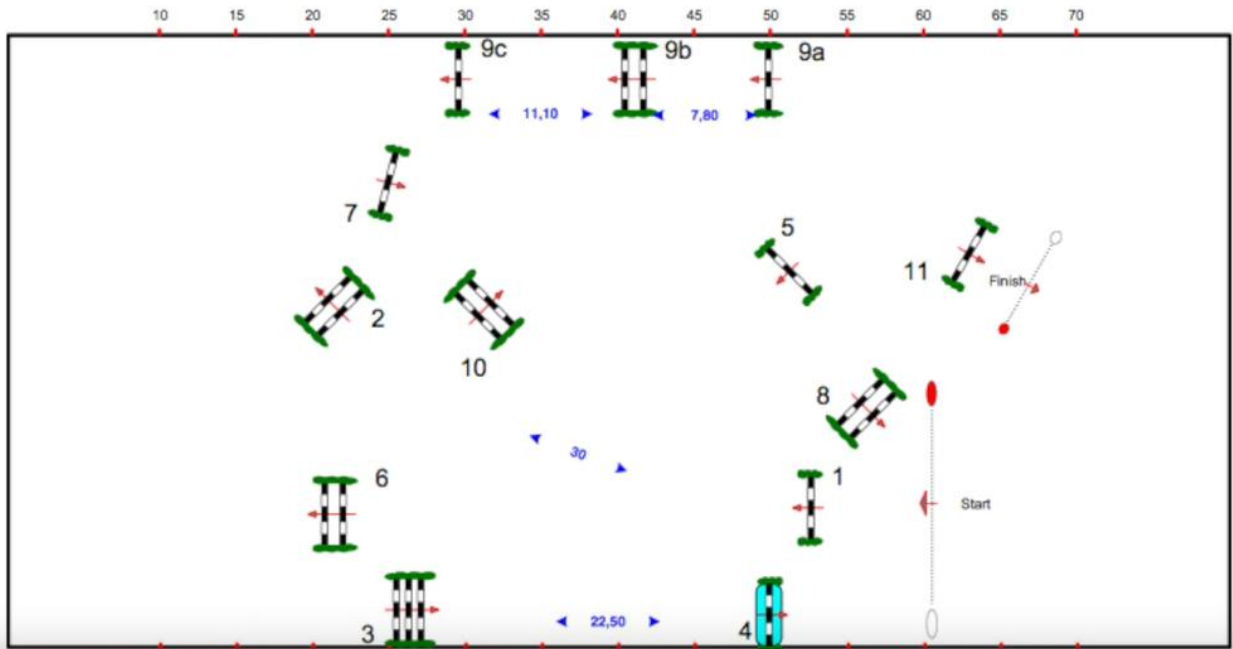


Course designer Santiago Varela - Young Horses 5 & 6

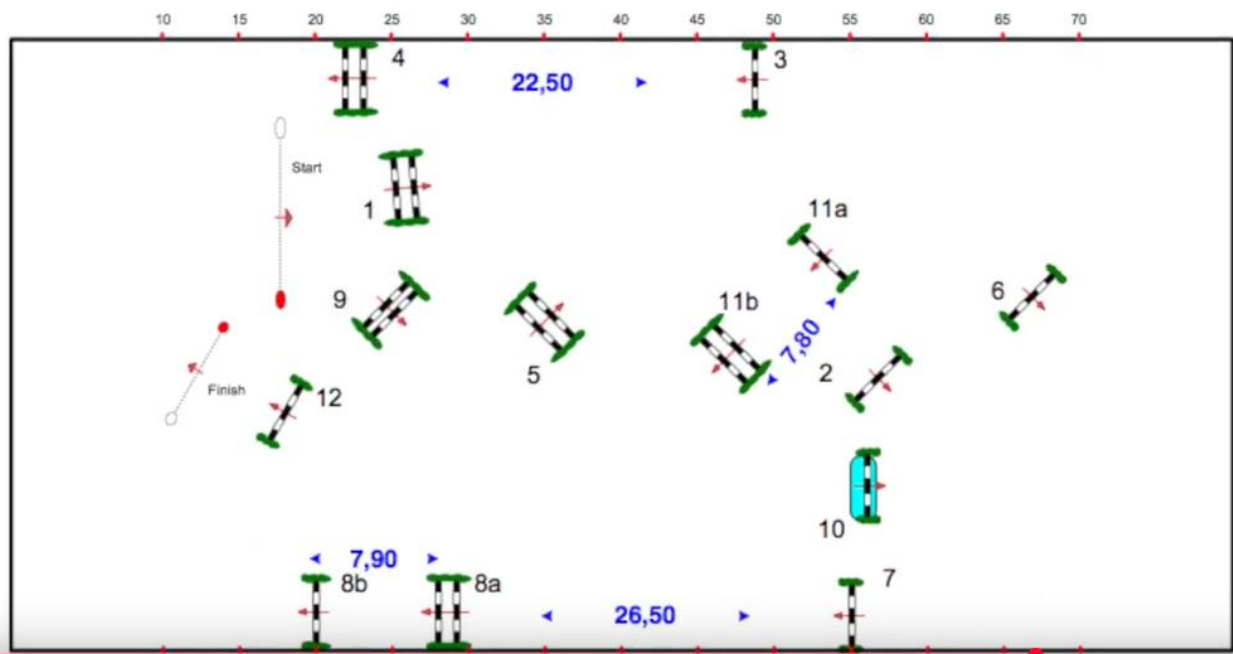
Table: A	Speed: 350 m/min	Obstacles: 12	1st Jump-off: 0 m
National RG:	Length: 520 m	Efforts: 14	Length: 0 m
FEI RG / Art. 238.2.1	Time allowed: 90 sec	Penalty sec:	Time allowed: 0 sec
Height: 1,20/1,25 m	Time limit: 180 sec	Closed combination:	Time limit: 0 sec



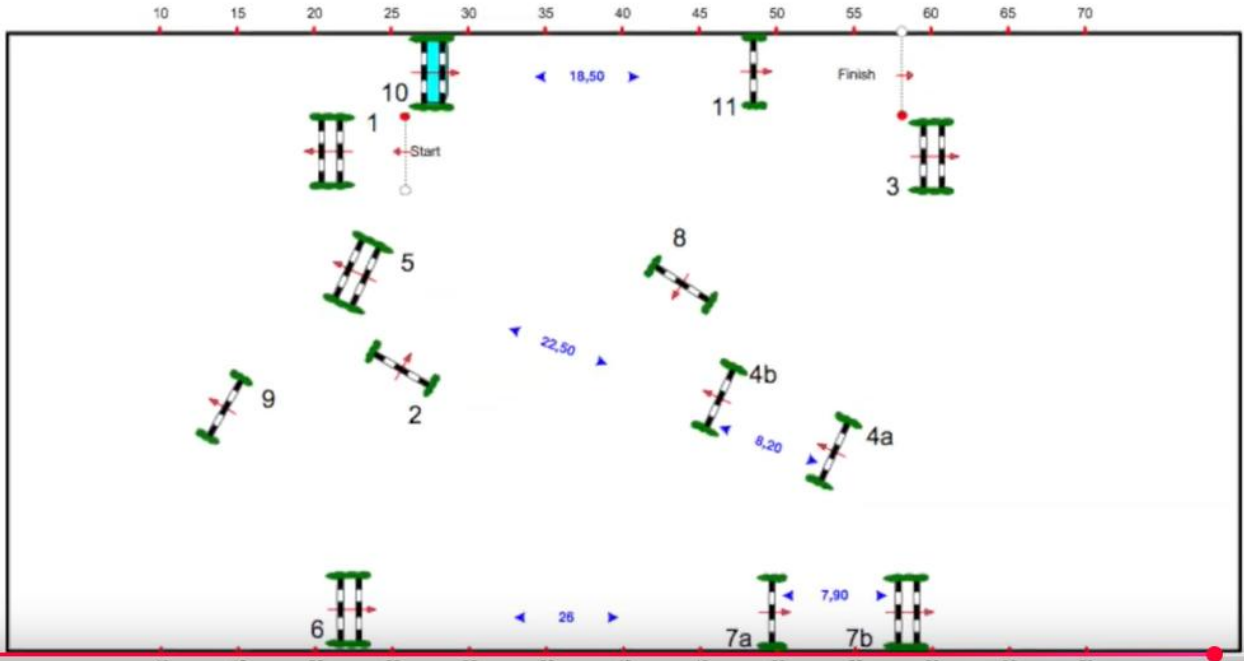
Course designer Uliano Vezzani - Young Horses 6 & 7



Course designer Uliano Vezzani - Young Horses 6 & 7



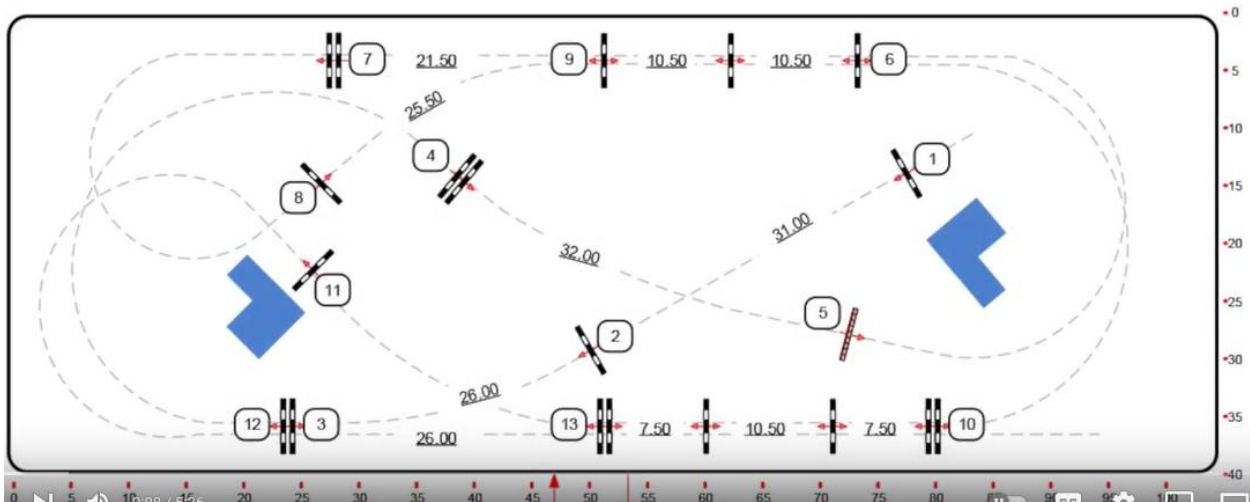
Course designer Uliano Vezzani - Young Horses 6 & 7



YRA Series –Back to Jumping – Henk Nooren

<https://www.youtube.com/watch?v=fkxS5LkBC6w>

Credit: YRA Young Riders Academy



Course set for the video

-Builds courses that integrate gymnastics and target the specific weaknesses of horses/riders.



This stallion tends to jump too strong into combinations (making B and/or C more difficult). So he uses poles after the jump for horses who do jump too far into combinations. Trying to reinforce a shallower landing distance at A and B here.



The ring is surrounded by grass. There are 'permanent' bounces on the grass and they frequently rode on the grass. They would start every workout walking on a gravel road (with a bit of an incline) for ~15 minutes.



*Lisa Nooren
Permanent bounces can be seen between hedges in the background.*



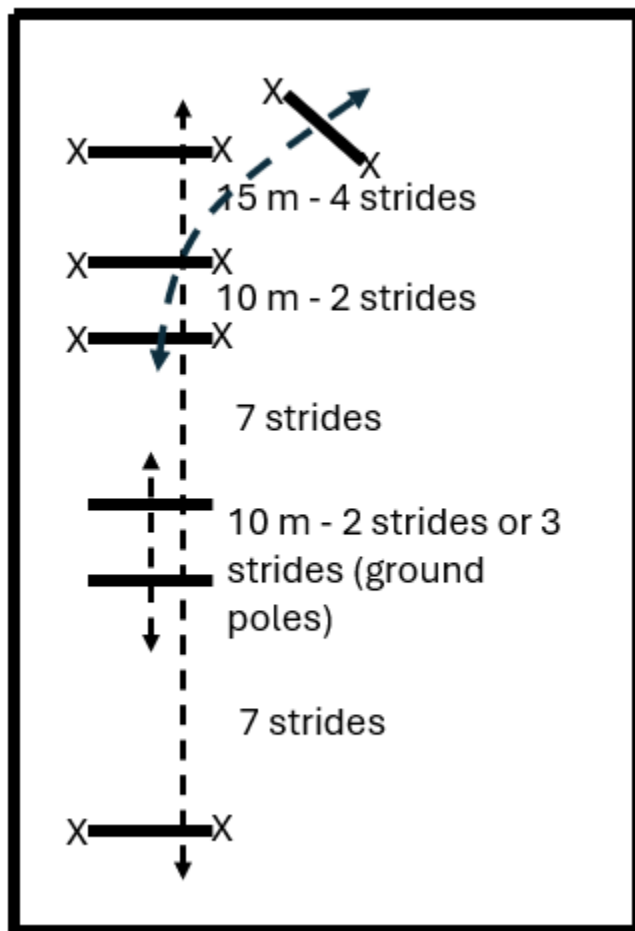
View of the infrastructure on the other side of the ring.

YRA Series – Gymnastic Over Poles – Jos Lansink (Pieter Clemens riding)

<https://www.youtube.com/watch?v=qOY8-m566rc>

Credit: YRA Young Riders Academy

- Trot over poles to start – want the horse to be relaxed and listening. Use the exercise to get a good connection with the hand, bit and leg.
- Always playing around with poles (seated vs posting, normal vs slow vs very slow, approach, etc).
- Can then move up to canter. Always important to ensure horse lands with a good canter (landing leads, activating on landing stride). Also critical to ensure the horse stays straight and on your pre-determined line.

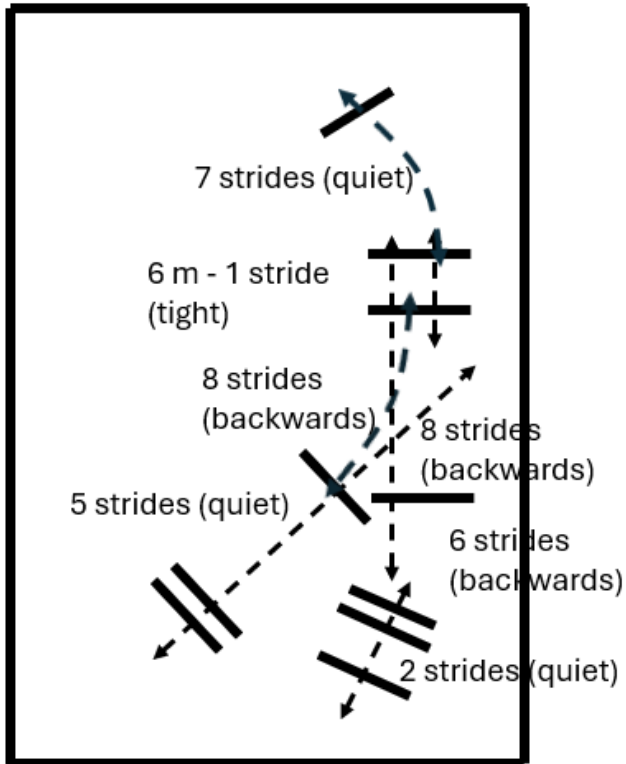


YRA Series – Gymnastics over Jumps – Jos Lansink (Pieter Clemens riding)

<https://www.youtube.com/watch?v=Fdl9oqb4OeI>

Credit: YRA Young Riders Academy

-Definitely wants the horse 'waiting' when schooling this exercise.



Series of 9 bounces in the background.



Grass field to ride in beside sand ring.

YRA Series – Young Horses – Ben Schroder

<https://www.youtube.com/watch?v=ObW6r97r2rU>

Credit: YRA Young Riders Academy

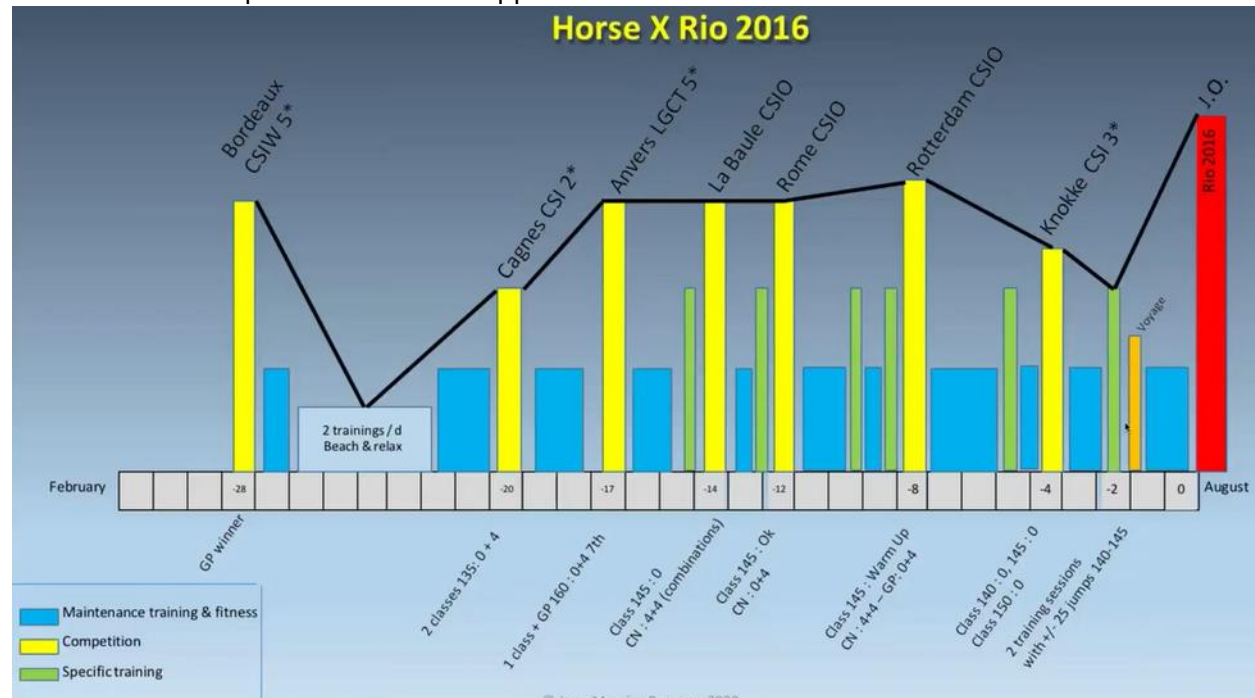
- 5.5m between cavalettis for young horses.
- introduce walls, liverpools, etc early so horses get comfortable with them.
- Don de la Baie is ridden at 6 years old (now a nice 5* horse)
- Chacco's Charlie PS is ridden at 7 years old (a horse that is very inconsistent at the FEI level)

YRA Series – How to Reach a High-Level Competition Goal – Jean-Maurice Bonneau

<https://www.youtube.com/watch?v=yYktiBm1LYQ>

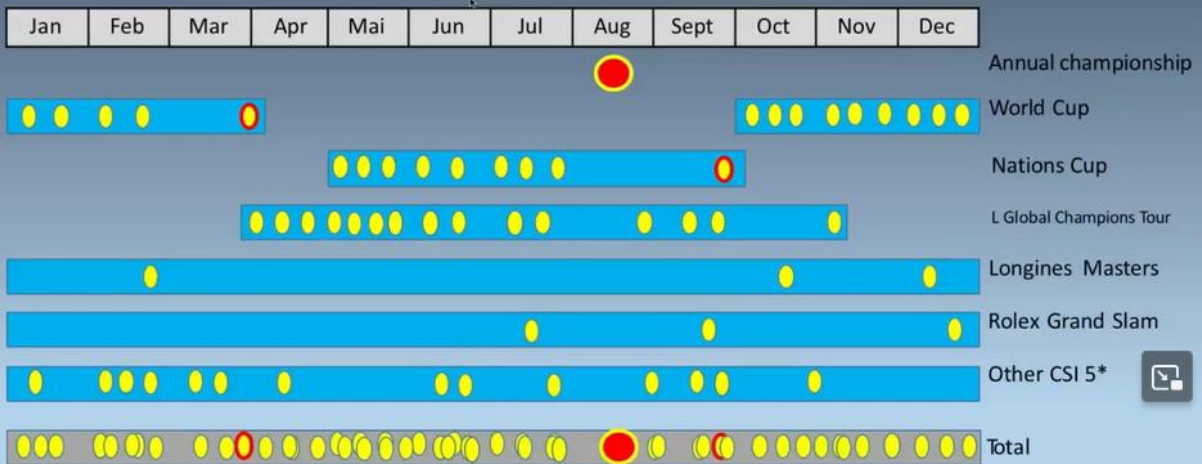
Credit: YRA Young Riders Academy

- Riders need to manage staff, customers, suppliers, administration, travel, sponsors, image, etc.
- Discussed two horses, on very different programs, who won team Gold in Rio
- Horse X is Reveur de Hurtebise & Kevin Staut
- Horse Y is Rahotep de Toscane & Philippe Rozier



- For “time off” after Bordeaux the horse was still very active. Went to the beach every second day, was doing maintenance training sessions.
- Cagnes was just two 1.35m classes. No special boots, nothing special...just to get the horse back in a competition setting.
- La Baule was important because he was on the team. Did special training on grass before it.
- They did not jump GPs because of age (at 15 did not want to push him too hard before Olympics).
- Before Rotterdam was more “rest” with time on beach, similar to after Bordeaux.
- Results were not brilliant but because of Kevin’s stature the chef chose him. This weighed on Kevin mentally as he felt he was not prepared for Rio.
- Knokke was purely training in a competition setting...not trying to win anything.
- Length of spurs, bit, rider position, etc were changed and tested in Knokke.
- The final training was camp with the chef (Philippe Guerdat) for high intensity but low volume jumping.

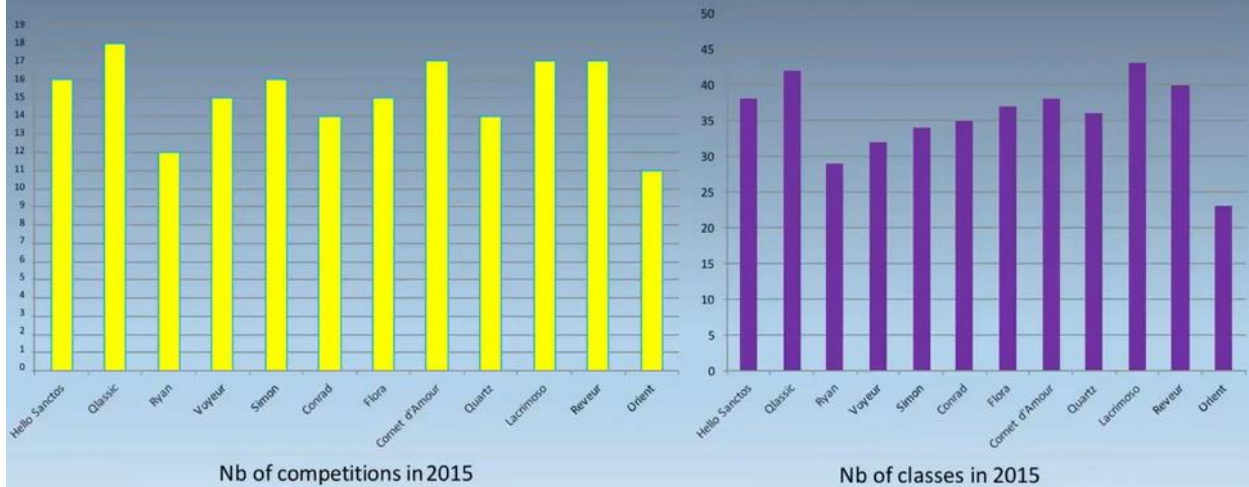
Championships and series



Not including: CSIW out of Western Europe / CSIO out of Super League

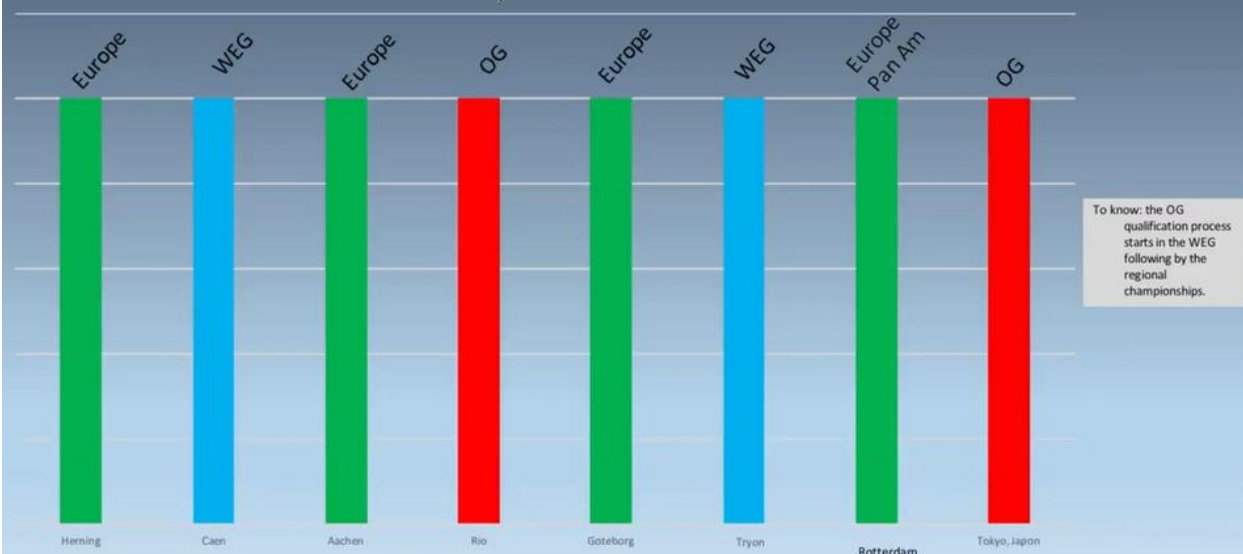
-2* and 3* shows are important for developing horses but not for team selections, etc
 -CSIO5*s are great for giving riders opportunities (especially those with good horses who are not high enough ranked to consistently get into 5* shows).

Annual analysis about 11 high level horses



-The number of competitions and classes isn't important. What IS important is to see the big picture, understand the 'why' behind what riders chose to do with horses, and the strengths and weaknesses of the different approaches.

Championship calendar



To do

- 1 Define the target(s) (annual, biennial, quadrennial)
- 2 Matching resources with objectives
- 3- Self evaluate regularly (rider/ horse)
- 4- Know how to surround oneself with external skills (coach, physical/mental trainer, media trainer, etc)

-JMB was constantly evaluating, looking for weaknesses, and then immediately addressing the issues. It is pointless to continue with nagging issues.

To meditate

Being in the top sport, it's:

- Having the chance to live your passion 100%
- Becoming an ambassador for your country
- Wanting to win, knowing how to lose and learning from it
- An exciting lifestyle that allows you to live your passion on a daily basis and requires a total investment
- Also a way of life made of sacrifices and renunciations (family, friends, leisure, holidays)
- Putting yourself in danger and living under pressure

YRA Series – Ideal Training Schedule – Laura Klaphake

<https://www.youtube.com/watch?v=zlF0BI-AL4o>

Credit: YRA Young Riders Academy

1. MOTIVATION

How to motivate yourself

- ❖ Stay calm and don't get stressed
- ❖ Maintain a routine/structure
 - plan your day/week for you and the horses
- ❖ Be social
 - talk to friends/other riders
 - talk to trainer/send her or him videos/talk about training plans
- ❖ Set some goals
 - What do you want to work on?
 - Watch training videos from other riders to get new ideas



PRESERVE MENTAL HEALTH

3. TRAINING

- ❖ First of all: set up a plan for the whole week
 - plan each day for each horse (Which horse needs what kind of work?)
 - riding in different arenas (sand/grass if possible), go hacking, go to the racetrack
 - variety of different training options (between field/paddock, walker, treadmill, free run, lounge)
 - it is also important to give the horses rest sometimes
- ❖ Start with basics: flatwork
 - especially practice that the horse is listening to you (forward → backward...)
 - always try to change the speed
 - practice transitions

3. TRAINING

- ❖ Poles on the ground
 - when the flatwork/transitions etc are working you can start doing the same with poles on the ground
 - start slowly then, change the number of strides between the poles
- ❖ Start to jump
 - single jumps (jump fences from both sides)
 - poles in front of and/or after the fence
 - gymnastic lines
 - single lines (jump lines from both sides)
 - combination
 - course

4. TRAINING YOUNG HORSES

- ❖ Poles on the ground
 - don't slow young horses too much down (it is hard for them to work from behind)
 - build a course of poles
- ❖ Jumping
 - start with single jumps/most of the time poles in front of and/or after the fence are helping
 - before jumping a whole course practice single lines/combinations
 - if the training is good at home go to a different place to train (before going to the first show)

➔ BUILDING UP A YOUNG HORSE IS A PROCESS OF WEEKS/MONTHS

5. TRAINING OPTIONS

- ❖ riding in sand arena
- ❖ riding in grass arena
- ❖ go hacking
- ❖ treadmill/band
- ❖ walker/machine
- ❖ field/paddock
- ❖ free run in an indoor school
- ❖ hand walk
- ❖ lounge

6. EXAMPLE OF A WEEK PLAN

- ❖ 11 year-old horse (GP horse)

Team Klaphake									
Pferde	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	Sch	
01 Bente Balou	HW F M J	Loung L HW F M	Loung F M	Loung F M	FR J L	L	J		15
02 Carmina									05
03 Anilla L S									06
04 Carabta									00
05 Javvort VJL									12

F = field
 M = machine/walker
 B = band/treadmill
 FR = free run
 P = paddock
 L = lounge
 HW = hand walk
 J = jumping

Franke Sloothaak

Franke Sloothaak – Rhythmic Riding

<https://www.youtube.com/watch?v=XUzOrxs7xZ4>

Credit: Kiabasolua Farm

-45 minute video with different exercises (flatwork, gymnastics and courses)

-A nice resource to draw inspiration from.

-filmed around 1984

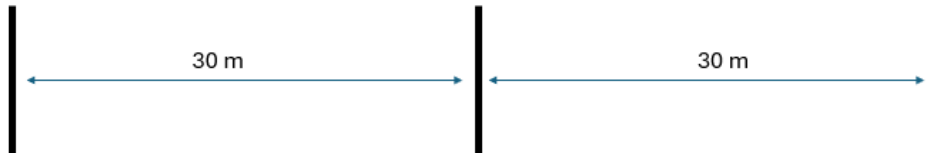
van der Vleuten

Tips & Tricks with Maikel van der Vleuten

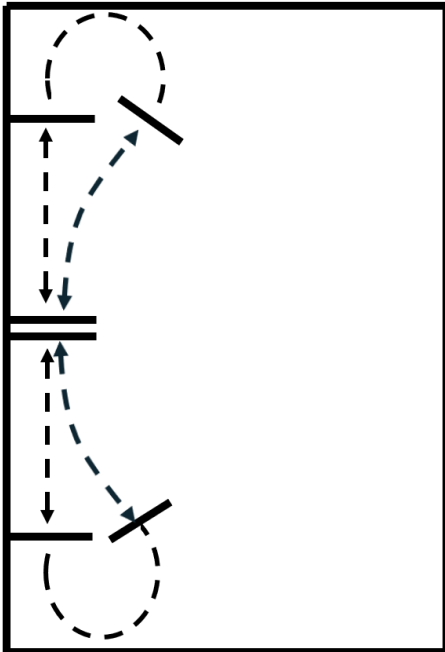
<https://www.youtube.com/watch?v=P8s4n77oqC8>

Credit: Longines Global Champions Tour

- Three strides between poles if carrying a nice rhythm.
- Focus is on flatwork between poles. Change strides (start more forward and collect after the second pole).



- Focus on basic things with below exercise.
- Want to ensure the horses make turns well, respect the inside leg, go straight to the jump, land the correct lead, staying in the right balance, etc.
- No distances provided but 5 strides is probably the sweet spot.



Springinstructie met Eric en Maikel van der Vleuten

<https://www.youtube.com/watch?v=fu9XVnjKguk>

Credit: Royal Dutch Equestrian Federation

-At home schooling session.

-Do seem to have a semi-permanent water jump set up in the ring.

-A very structured approach to setting up training (could be a good way to model training sessions).

**Warm Up Ring Videos – Credit: Red Showjumping
Marcus Ehning, Comme Il Faut, paddock Paris Eiffel Jumping 2017
(friday)**

<https://www.youtube.com/watch?v=F3OuWDjo0sg>

**Marcus Ehning, Comme Il Faut, paddock Paris Eiffel Jumping 2017
(saturday)**

<https://www.youtube.com/watch?v=uJNjr-O7AOc>

Marcus Ehning, Cornado, training, paddock, Jumping Tour Eiffel 2014

<https://www.youtube.com/watch?v=nGDtBaaaMFs>

Marcus Ehning, Cornado, paddock, training, Saut Hermès 2015

<https://www.youtube.com/watch?v=lodZzbkfOac>

**Marcus Ehning, Cornado, Sabrina, training, paddock, Gucci Paris
Masters 2013**

<https://www.youtube.com/watch?v=z5OZO69M9Fw>

**Marcus Ehning, Cristy, Funky, training, paddock, Jumping Eiffel 2015
(GP sunday)**

<https://www.youtube.com/watch?v=tdVGbDil18E>

**Marcus Ehning, Funky Fred, training paddock, Jumping Eiffel 2015
(saturday)**

<https://www.youtube.com/watch?v=C32CqFPAPE0>

Marcus Ehning, Funky Fred, training, paddock, Saut Hermès 2016

<https://www.youtube.com/watch?v=9reTh7QcsxQ&t=452s>

Marcus Ehning, Cornado, training, paddock, Saut Hermès 2014

https://www.youtube.com/watch?v=N95pj_C4Wj8

Marcus Ehning, Sabrina, training, paddock, Jumping Tour Eiffel 2014

<https://www.youtube.com/watch?v=otsWSOrvn28>

Marcus Ehning, paddock training, Cordynox, Saut Hermès 2017

https://www.youtube.com/watch?v=h09vl-l5a_8

Marcus Ehning, Cristy, paddock Paris Eiffel Jumping 2017 (saturday)

<https://www.youtube.com/watch?v=hhqbl5RN63w>

Marcus Ehning, paddock, Comme Il Faut, training, Chantilly 2017

<https://www.youtube.com/watch?v=be-zMfoZNzE>

Paddock, Chantilly 2016 : Ludger Beerbaum, Christian Ahlmann, Scott Brash.

<https://www.youtube.com/watch?v=qZE-fAqV4ok>

Paddock area, Saut Hermès 2017, Pénélope Leprévost, Kevin Staut and others

<https://www.youtube.com/watch?v=yBE-mkR19bU>

Simon Delestre, Hermès Ryan des Hayettes, Denis Lynch, paddock area, Eiffel 2016

<https://www.youtube.com/watch?v=zBew2vVyLvk>

Luciana Duniz, Lennox, paddock area, Paris Eiffel jumping 2016

<https://www.youtube.com/watch?v=-GTtewWa9SM>

Marcus Ehning, Sabrina, training, paddock, jump-off, Jumping Eiffel 2014

<https://www.youtube.com/watch?v=G1fjldBzQdM>

Marcus Ehning, Sabrina, training, paddock, Tour Eiffel Paris 2014

https://www.youtube.com/watch?v=ouaz9K_kgel

Kevin Staut, For Joy and others, paddock area, Eiffel 2016 (saturday)

<https://www.youtube.com/watch?v=VOYXuSCPQ9k>

Patrice Delaveau, Leontine Ledimar HDC, paddock area, Paris Eiffel Jumping 2016

https://www.youtube.com/watch?v=hSbRsyQ_6Yw