

Lesson Plan 2: Teaching Different Jumping Seats

The Lesson Topic: Teach riders the Forward and 2 point seat.

It is of utmost importance to teach riders the Forward Seat/Two Point seat to any riders if they wish to jump. Riders and horses cannot jump safely and harmoniously together if the rider doesn't have a good secure 2 point seat. As with all lessons there should be progression. Firstly teach and establish the rider in the Forward Seat (image 3) then move onto the 2 Point Seat (image 1), before progressing to more advanced exercises in 2 point seat. Image 2 shows the 3 point seat – notice the more upright position of the upper body.

Set Up: Your set up can be as simple as using witches' hats to define an area. A circle or a rectangular area is suitable. Have this set up beforehand so it doesn't take time from your lesson.

Time: This lesson could be from 20mins to 30mins in duration.

Explanation:

The Forward Seat (Image 3)

The stirrups should be shortened around 2 holes from their flat riding length.

- The Forward Seat the rider leans forward with the upper body from the hip creating an angle that increases or decreases depending on what the situation requires.
- The reins are shortened as the riders hands move forward up the horses crest.
- The eyes are up looking to where they are going.
- The heel is deep and there is a closing of the angle of the knee.
- The knee is soft and the lower leg and heel take more of the riders weight (no gripping with the leg)
- There should be a light contact with the rider's seat.

The forward seat is the first stage of learning how to ride in a 2 point seat. The riders should be secure and in control in the Forward Seat before using the 2 point seat.

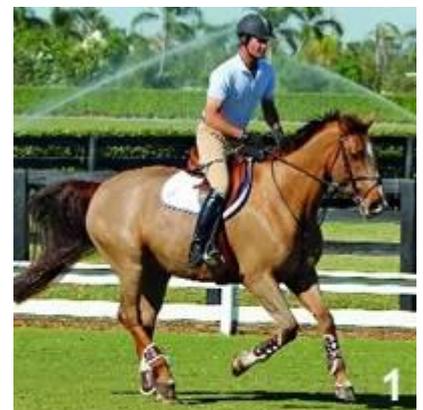
Forward seat can be used for pole work.

Two Point Seat (Image 1)

Once the riders are secure and comfortable and in control in the Forward seat you can progress onto the 2 Point Seat.

The Two Point Seat is used when we are jumping, travelling faster eg. Riding Cross Country. It is a very useful position and even if riders are not going to jump there are times they may be required to use this position. It makes riders more versatile, helps to strengthen the position and improve their balance.

The Two Point Seat is basically the same as the Forward seat but in the 2 Point Seat the rider's seat now comes off the saddle and above the movement of the horse. The upper body may also tend to be more inclined forward. The reason it is called the Two Point Seat is that there are only two points of contact of the rider to the horse, those being the rider's two legs.



In Showjumping the Two Point Seat is mainly used when Jumping over the jump and if travelling a bit faster between fences.

In Cross Country the Two Point Seat is used galloping between jumps and over the jumps.

The Lesson:

- 10 minute **warm up** in walk and trot. (Circles, bending, transitions etc.)
- The lesson can be on a circle or rectangle, firstly in walk in forward seat then walk in 2 Point seat.
- Then progress to trot in forward seat rising and then 2 point seat.
- If you feel the riders and horses are at the appropriate level to be able to do this exercise in good control and the horses are working well you can then proceed in canter.
- More advanced riders may attempt this exercise at the trot and canter over poles, staying in the two point seat over the poles before sinking back to the forward seat.
- Allow the horses to walk on a loose rein before finishing off.

Aim: To improve the rider's general security of the position. Introduce them to the position they need to be able to use to move on to being secure to do poles then to be able to jump a small jump. This may happen over a period of time, probably not all in the first lesson.