

Easy PC Ideas



Fun Coaching

Things to do with: 8 Bean Bags

How to make:

8 bean bags can be made from 1m² of cord material (brightly coloured so you don't lose them in menage/field!) and some pearl barley or beg the cast-offs from your local primary school!

How to use:

Balance!

Bean bags can be used to test balance and straightness.

Challenge your members to ride with a bean bag on their hats and watch their **positions** improve. Where bean bags keep falling off, help by correcting the rider's position. Can they walk, trot, or for the more experienced, canter. Lead reins can do this in halt and walk.

- Can they sit on bean bag in all three paces – lead reins in halt and walk
- Can they keep bean bag between lower leg and pony – is it easier on one side or the other? What about over a jump?
- Can they keep a bean bag between their hands and still steer when riding circles?

This will help your riders to become more aware of their position and aids.

Interactive game:

Let your riders give each other one of the above ideas to do.

Team game:

Two teams

- Collect bean bags off tall cones and ride back held in hand or on heads
- Bending relay race using bean bags – younger riders in walk
- Collecting bean bags from barrel and dropping in buckets (no handles!)

NB. All of above can be done safely if introduced gradually – HAVE FUN!