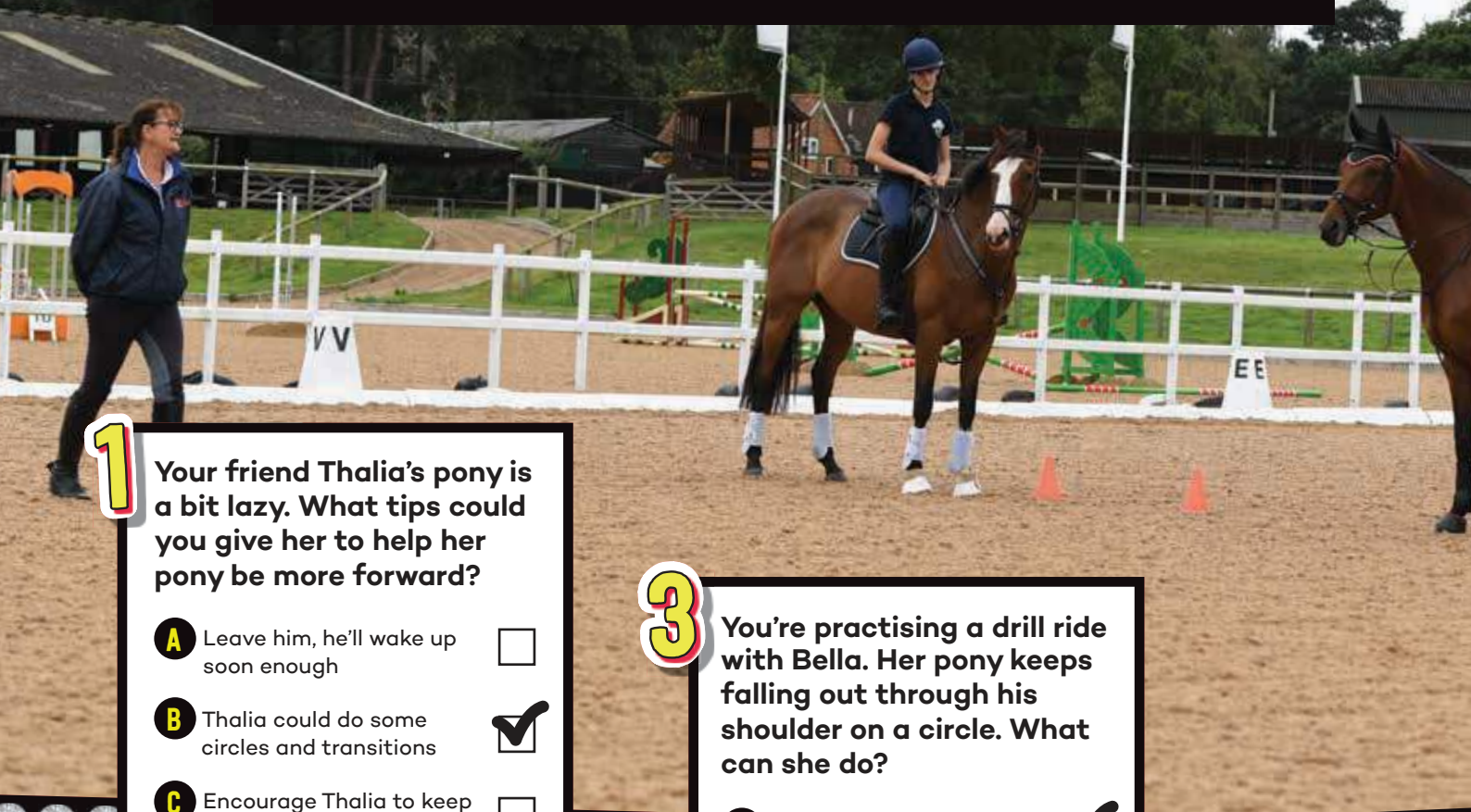


BE THE BOSS

Have you got what it takes to be an instructor?
Take our quiz to find out!



1 Your friend Thalia's pony is a bit lazy. What tips could you give her to help her pony be more forward?

- A** Leave him, he'll wake up soon enough
- B** Thalia could do some circles and transitions
- C** Encourage Thalia to keep nagging him. He'll get the message eventually

3 You're practising a drill ride with Bella. Her pony keeps falling out through his shoulder on a circle. What can she do?

- A** Use regular half-halts and give her pony extra support with her outside aids
- B** Bella just needs less bend through her pony's body
- C** Half-halts should do the trick

2 Sammy is learning how to ride his pony into a contact. What exercises can you suggest to help him?

- A** Riding on a constant circle for the whole lesson
- B** Encourage Sammy to ride some spirals, serpentine and figures of eight to engage his pony's hindquarters, while keeping a consistent, soft contact on the rein
- C** Sammy needs to pull on the reins to encourage his pony's head into the right position

How did you get on?
Check your answers at
[bit.ly/PNY_QUIZ_](https://bit.ly/PNY_QUIZ_ANSWERS)
ANSWERS





4

Sammy's instructor has said his pony needs to work through his core more. What exercises could help?

- A Cavaletti or raised poles would be great
- B Plenty of flatwork is the solution
- C Lots of canter work will do the job

5

Thalia wants to start teaching her pony how to do simple changes. What does she need to do before she gets started?

- A Nothing special! Once she's warmed up she's good to go!
- B Thalia needs to be make sure her pony is balanced and listening to her aids
- C Simple changes need loads of energy, so she should ensure her pony is really forward

6

You're hacking out with Bella and her pony is rushing. What could she do to settle him down?

- A She should just let her pony continue at his own pace, he'll settle eventually
- B She needs to stop hacking until he's steadier
- C Bella could slow her rising, use her voice and add in some transitions to help get his attention and regain control

7

Sammy has a dressage comp next weekend and is practising, but he's struggling to keep his pony straight in halt at the end of the test. What exercises could help?

- A He just needs to keep practising the halt over and over again
- B Sammy should begin slowing down way before the halt, that will solve it
- C Riding some half-halts to prepare his pony, then making sure both his legs are gently squeezing his pony's body to encourage him to stay in a straight line should sort it

HOW DID YOU GET ON?

0-3 points

Work your way up

Oh no! You haven't quite helped out the class, but there's still plenty of time to learn! Flick through some PONY mags or the Annual to gain some more knowledge and you'll be able to help them out in no time!

4-5 points

On your way

Super job! You have great general knowledge but there's a little more you can do to gain top marks. A tiny bit more reading should do the trick and then you'll be on your way to being an impressive instructor.

6-7 points

Impressive instruction

Wow! You smashed it! You clearly have very good understanding when it comes to teaching! Keep up the good work and who knows, maybe one day you'll be an instructor!

I SCORED...

7