



Training for falling off a horse

List of participants



The training for falling off a horse is aimed at all types of riders and disciplines, ranging from amateurs to professionals and from anxious beginners to experienced and confident sports riders. These exercises improve the body's reaction times and movement. This new feeling of security imbues your whole system with the confidence to react positively in the event of a fall. The skills and knowledge acquired during training significantly reduces the risk of injury. These fall training concepts have been methodically and didactically developed by the experienced instructor over many years. The training approach is consistently delivered in stages, with each stage building on what was learnt in each preceding stage. The coordinated movement exercises help in the performance of falling and rolling techniques. The training is a worthwhile investment in safety.

Organizer:

Costs for participants

- The training lasts 3 hours and consists of two training sessions. In the first unit you practice without a horse, learn the new movement techniques, and learn how to roll after a fall and rescue yourself from dangerous situations. The first unit training experience can be fun and prepares you for the second unit with you on the horse. (Do not worry in these exercises we will not fall off the horse, but always land on our feet first).
- Warming up, stretching and movement exercises are physiologically adapted to the rider. We will train coordination, balance, perception, reaction speed, agility, strength and endurance. The respective mobility differences between children and adults are considered.
- The concept of learning in groups, promotes the development of playful learning. Group size is always limited to 8 to ensure each participant receives plenty of personal attention from the instructor.
- For the training you need: comfortable clothing (long pants) and sneakers
Minimum age: 10-12 years (possible exceptions in special cases by agreement)

Full Name

Phone Number

Full Name

Phone Number