

# JAY DUKE

## Equestrian

Clinics & Course Design

# ROLL, ROLL, ROLLBACKS

**Difficulty:** Intermediate

**Materials:**

12 standards, 12 rails, no ground lines, fill optional.

## KEY POINTS

**Horse:**

- Turns
- Suppleness
- Using the hind end, balance
- Landing the lead

**Rider:**

- Finding the distance off the turn
- Square corners
- Eyes
- Balancing the body through a turn
- Turning with 2 reins

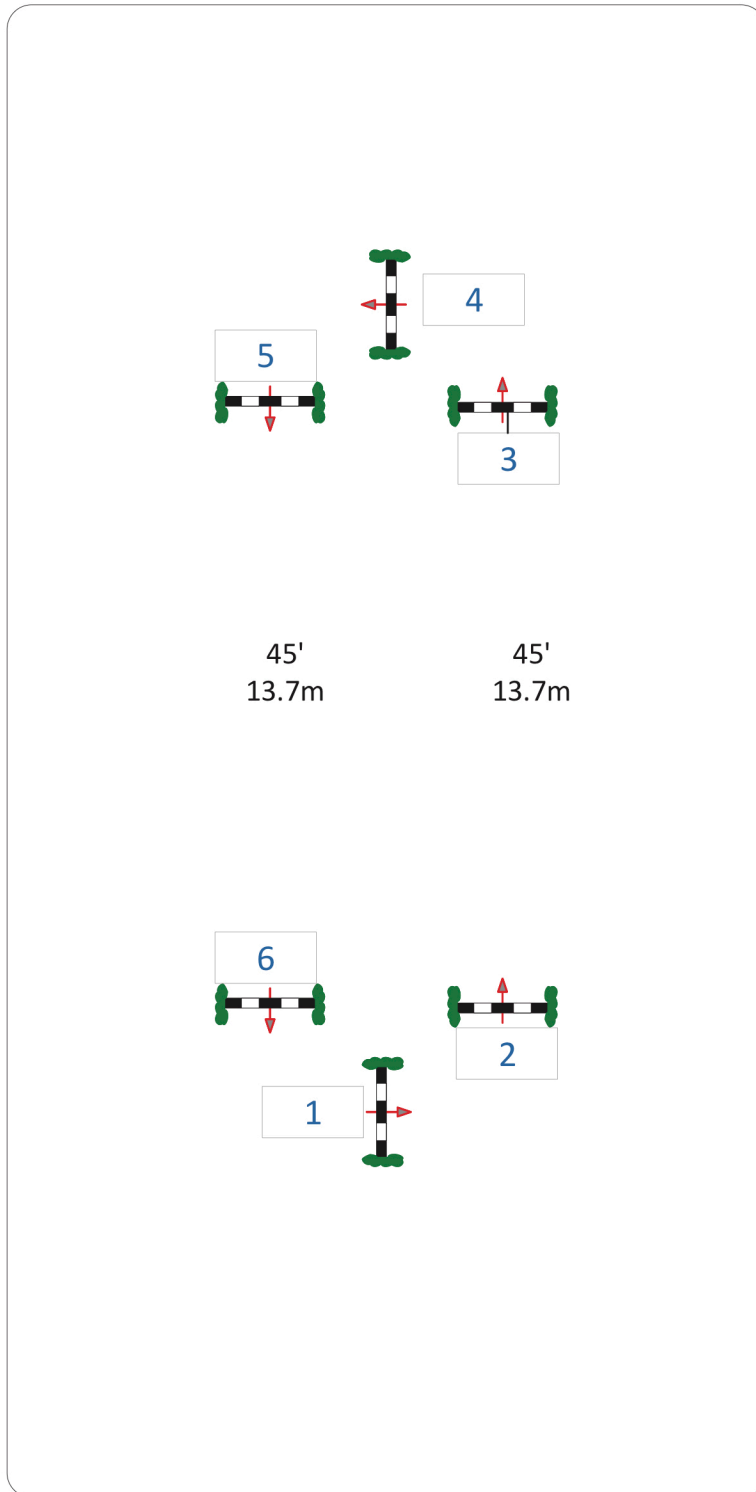
## LESSONS

**Jump Height - Poles to 1.30m**

**Directions:**

Begin the lesson at the walk or trot, then progress to the canter. I recommend no stirrups when the fences are poles or low, for added difficulty and better feel of the horse's body. Use the entire ring for this exercise, the focus is on correct corners. This involves getting to the corner after the jump, coming out of the corner on a straight track to the jump, and doing all this with the correct shape on the horse's bend and frame.

Begin on the right canter lead to fence #1. Land on the right lead and shape your horse out to the rail to create a good approach to #2. Take 3 canter strides from fence #2 to fence #3, holding the right canter lead. Land the right lead and create a correct rollback turn to fence #4. Using all the space available, rollback to fence #5 and take 3 canter strides to fence #6 holding the right lead. Optional to continue with a right lead rollback to fence #1 and start again. Practice both leads equally.



200'  
61m

45'  
13.7m

45'  
13.7m

100' - 30m