



## Riding Indoors

### Holly Grayton

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As we move into indoor season I got to thinking about how my ride would need to change from being used to the big ring and moving into smaller spaces! So I asked around for tips and tricks to moving indoors:

Alex Grayton on the Roll Back turn:

There are a couple of important things to consider when doing an inside turn to a jump. First of all it's important that both HORSE and rider are looking through the turn to the jump.

Next the horse and rider must stay in good balance, not just for the turn itself but also for the jump. So this means that the horse must enter the turn at an appropriate rhythm, speed, straightness, and balance for the turn. The distance to the jump can then be appropriately gauged because the horse will maintain the desired track to the jump.

Running or speeding up to excess through a turn does not always translate to a faster track. Speeding up through the turn can cause the horse and rider to lose balance to the outside of the track, which can then complicate how the rider perceives the distance, leading to more recovery time on the landing side of the jump.

Ashton Blecher:

Balance with your body rather than your hand.

Traci Dlin: Most importantly make sure you've prepared your horse and yourself by schooling indoors before you go! Once there, if the schedule allows, ride in the main ring to let your horse get comfortable. Even if it means getting up at 4AM!

Lynne Stephenson: Eyes up and looking where your going is crucial. From having the luxury of time outside, the obstacles come so much quicker and therefore the rider needs to be able to focus. Also, train yourself and your horses to take the first distance/option.

Jenn Serek:

Keep looking to your next jump, than you won't be surprised that it comes up quick!