

## **Yard Based Training Options using the Mobile Training Unit**

We now offer a number of training opportunities for stable staff and riders in the workplace using our new Mobile Training Unit (MTU) at flexible times and locations that suit employers and staff.

Sessions can be booked in advance and include options from the following list.

### **1. Basic body position training**

- Review the balanced body position using screens within the MTU
- Video capture of riding out session on the canter.
- Video review in the yard using the MTU screens
- Remedial training on the simulator as required

### **2. Riding Work training:**

- Filmed riding out session with riders either riding work or galloping upsides.
- Video review in the yard using the MTU screens
- Remedial training on the simulator as required

### **3. Schooling Training**

*For this option we will arrange for Paddy Flood or Leighton Aspell to attend and deliver the sessions.*

- Briefing on good practices and principles of jumping horses at speed
- Filmed riding/schooling session.
- Video review in the yard using the MTU screens
- Remedial training on the simulator as required

### **4. Simulator lesson & whip tuition**

- Coaching for correct striking of horse
- Fitness assessment
- Coaching of hand skills (left & right)
- Coaching of correct height and force of whip use

**For more information and to book sessions please contact Lisa or Amanda at RACE:**

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