

To encourage the horse to accept your leg without changing tempo (speeding up) ...

Imagine you are riding a carousel horse with a pole through his belly. Put that pole on the circle line and, keeping his body straight, ride leg yield with his shoulders to the inside of the line and haunches to the outside. Make sure the circle stays 20 meters. Don't let him cut in to decrease the angle of the leg yield. If he tries to accelerate, increase the angle. Tempo is crucial, so take your time.—*Lauren Sprieser*

Lauren Sprieser is a USDF bronze, silver and gold medalist and a USEF invite-listed rider. She has trained several horses from green to the international levels, including the 10-year-old Westfalen mare Ellegria (2010 BLM Champion at Intermediaire II) and the 9-year-old Dutch Harness gelding Victorious (2010 BLM Champion at Prix St. Georges). Both will compete at Grand Prix this year. Lauren trains horses and riders in Marshall, Virginia (spriersersporthorse.com).



Illustration by Sandy Rabinowitz