



FIVE PATTERNS to Train Your Horse



“A correctly executed pattern schools the horse.”

— MAJOR ANDERS LINDGREN

Riding accurate patterns gets your horse on the aids. Inside this PDF, you will learn five of my favorite patterns that work with all types of horses and riders.

What are the benefits to riding patterns?

- You will have a plan for your ride
- You will be more effective with your aids
- Your horse will be more focused and relaxed
- Your horse will become more supple and engage their hind end
- You and your horse will be more confident
- Your scores will improve when you ride accurate figures

These patterns provide the exact footsteps that you need to make progress in your riding and to develop your horse. You will be amazed what you can accomplish just by riding these patterns!





Meet Amelia



Hi! For those of you who don't know me I'm Amelia Newcomb, a Grand Prix rider and trainer based in Southern California. My mission is **DRESSAGE** *for all* and I am excited to be a part of your riding journey. I am dedicated to helping you build positive, confident, communication with your horse through accessible online education, community and support.

In my online courses, I review thousands of videos from students and one of the biggest mistakes I see is that riders don't have a plan. They wander around the arena and I can't tell where they are going or what they are working on. As you can imagine, if I can't tell, the horse has no clue.

I'm excited to teach you several of my favorite patterns in this PDF. I repeat these patterns over and

over with my horses and students. The repetition of exercises and patterns helps to make horses a little more predictable. The repetition of patterns improves you and your horse's confidence while properly developing their body. You will be amazed!

Riding is hard and you will experience frustration and success. To keep you on track, I would like to personally invite you to join my private Facebook Group, just click this link: [**Amelia's Dressage Club.**](#) It's a safe space to ask questions, celebrate wins, and to get support. You will ride better with a learning community to encourage and inform you. I can't wait to get to know you better!

Happy Riding!

Amelia



Here's a funny story

When I first met my husband Germán, we were riding together at a barn that only had a big jump arena (no dressage court). At the time, I was starting young horses that knew nothing and Germán was riding his FEI horse named Q. Germán would make a perfect imaginary Dressage court inside of the giant jump arena. Not one hoof print would leave his imaginary 20X60 meter arena. I, on the other hand, would leave a million random hoof prints while riding my green-broke baby horses.

At the time, I had not yet ridden the FEI, and he offered to let me show Q in the Prix St. George so that I could earn my Silver Metal. When I rode Q it was incredible how automatic and trained he was to the aids! I was able to school him for two weeks, show him and earn a 65% at PSG!

Why? Because Q had been accurately and precisely ridden which meant that I could easily get on him and ride the movements! After this experience, I realized how important it was to look up and ride accurately.

Riding accurately not only helps the rider to have a clear plan and goals for each footfall, but it also gives your horse confidence when they can feel that you are the leader and in charge! Furthermore, physically for the horse, it develops them in a way that they become supple, straight, and engaged.

Now that I have trained several horses to the Grand Prix, I appreciate the importance of looking up and riding accurately! Not to mention, that the judges really appreciate accuracy!





What is a pattern?

The Dressage court measures 20x60 meters and patterns are a combination of straight and curved lines organized inside the court. It is extremely important that you ride accurate patterns. Look up, and check the letters and touch points. In order for the exercise to be effective, you must ride the pattern accurately.

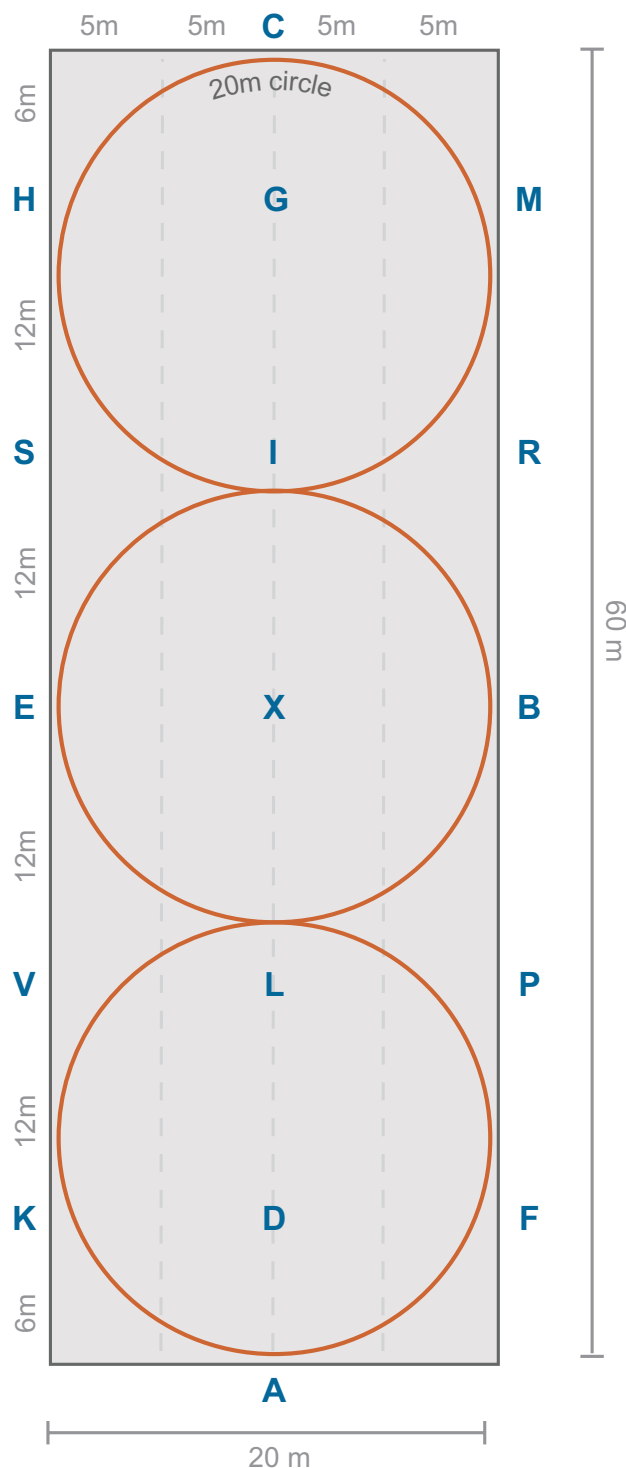
What if you don't have a Dressage Court?

You can still ride patterns! In fact, I would say most of my online students don't have a court. The best thing to do is to get a set of cones and set them out to mark a 20m circle. Setting out cones when you're riding out in a big field is incredibly helpful!

Here's a link to a [video](#) helping you with setting out cones.

Amelia's Top Five Favorite Patterns

Let the exercises do the work. Follow the pattern and ride from touch point to touch point. The five patterns on the following pages are my favorites.

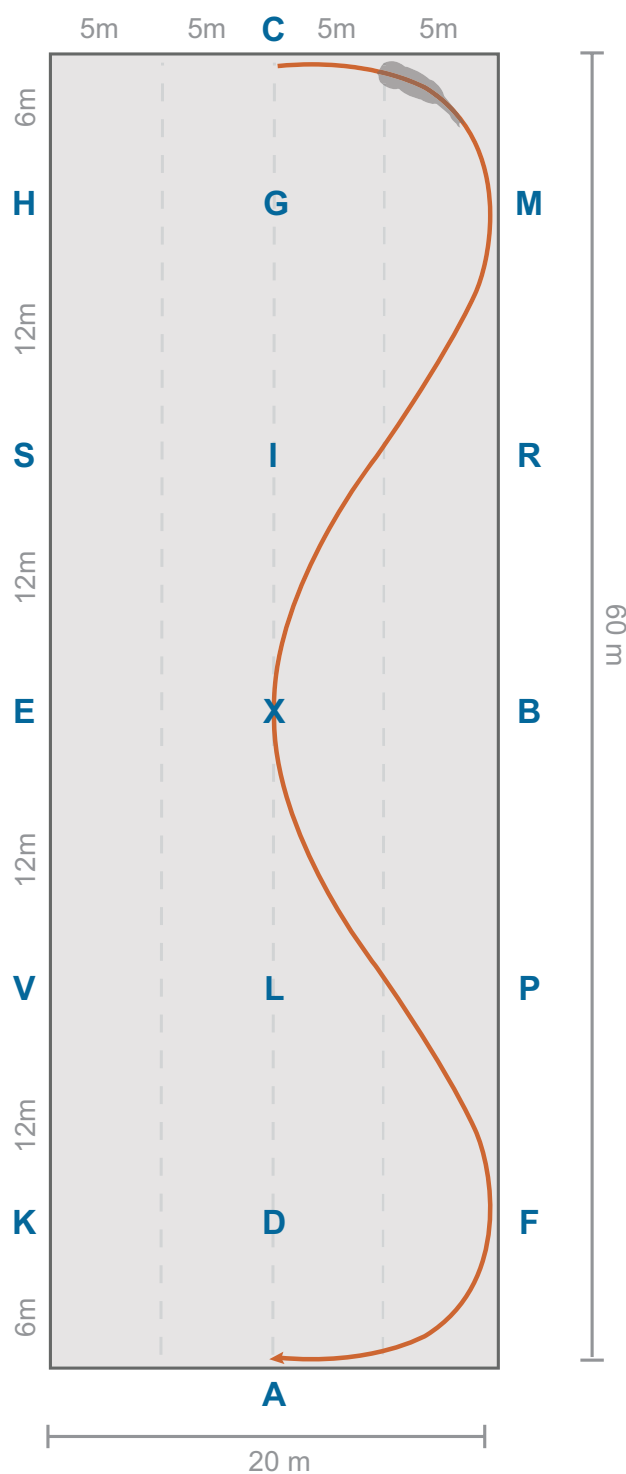




Shallow Loop Serpentine

This is a great exercise to work on suppleness and bend. Start from the rail and make a curved line out to X and then back to the same rail. Focus on maintaining a steady tempo and smoothly changing the bend each time you cross the quarter line. To make this exercise more advanced, try the shallow loop serpentine in the canter to introduce the counter canter.

Note: Change bend at quarter line.

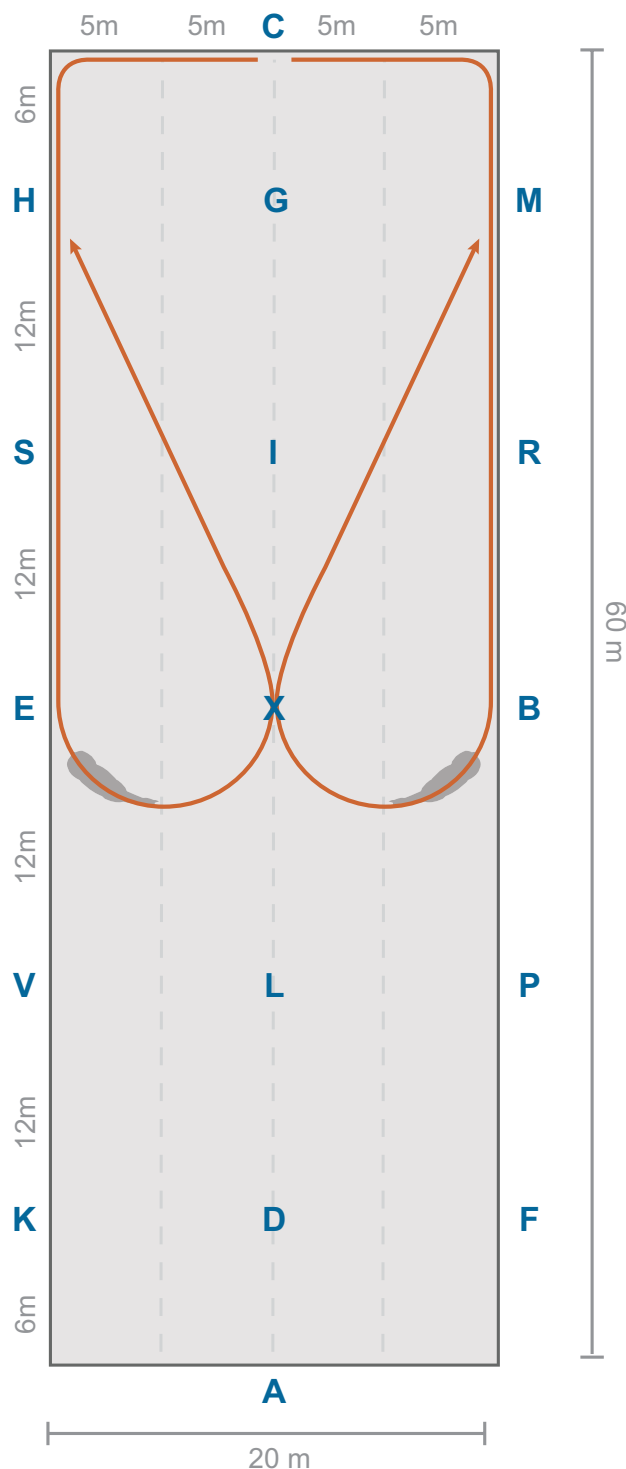




Ice Cream Cones

In this exercise you will make a half 10 meter circle from the rail to the centerline and then ride a diagonal line back to the corner. Make sure that your 10m half circles are accurate and touch the letter X and be sure to change the bend of your horse before the corner.

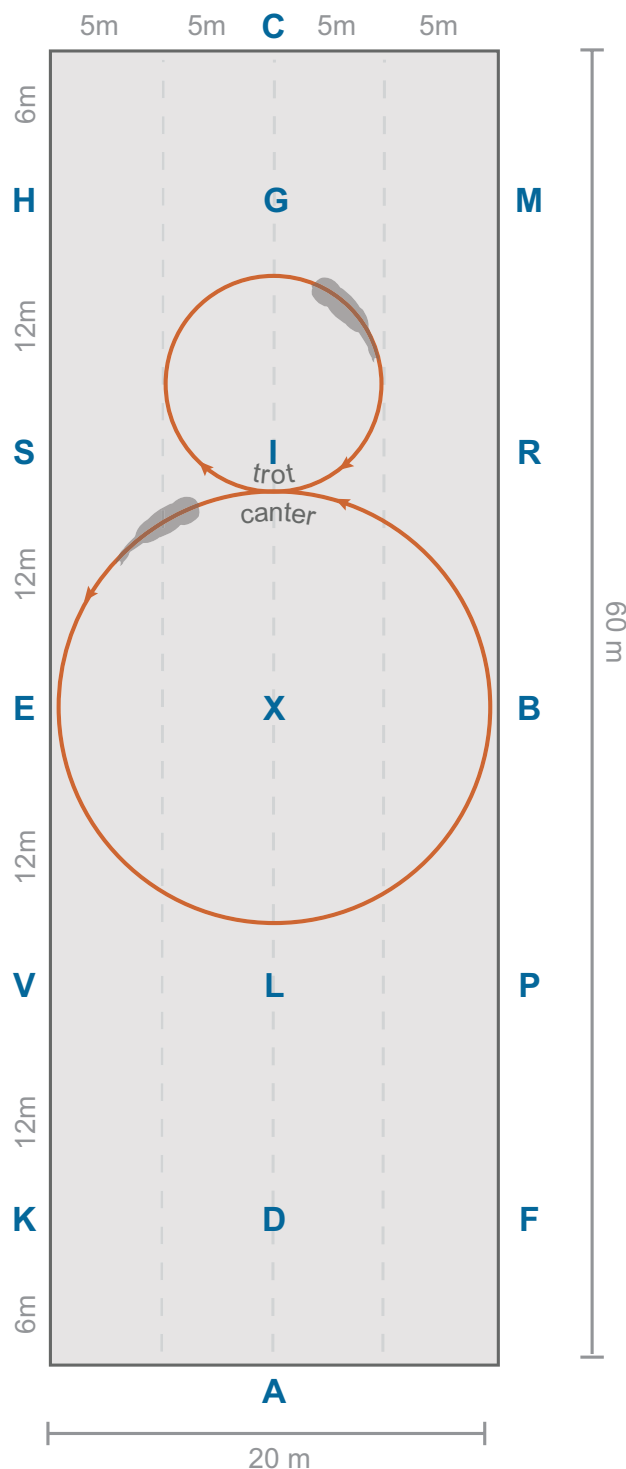
This exercise will really test and improve your horse's symmetry. Notice any differences on your left vs. right 10m half circles and work to correct them!





Snowman

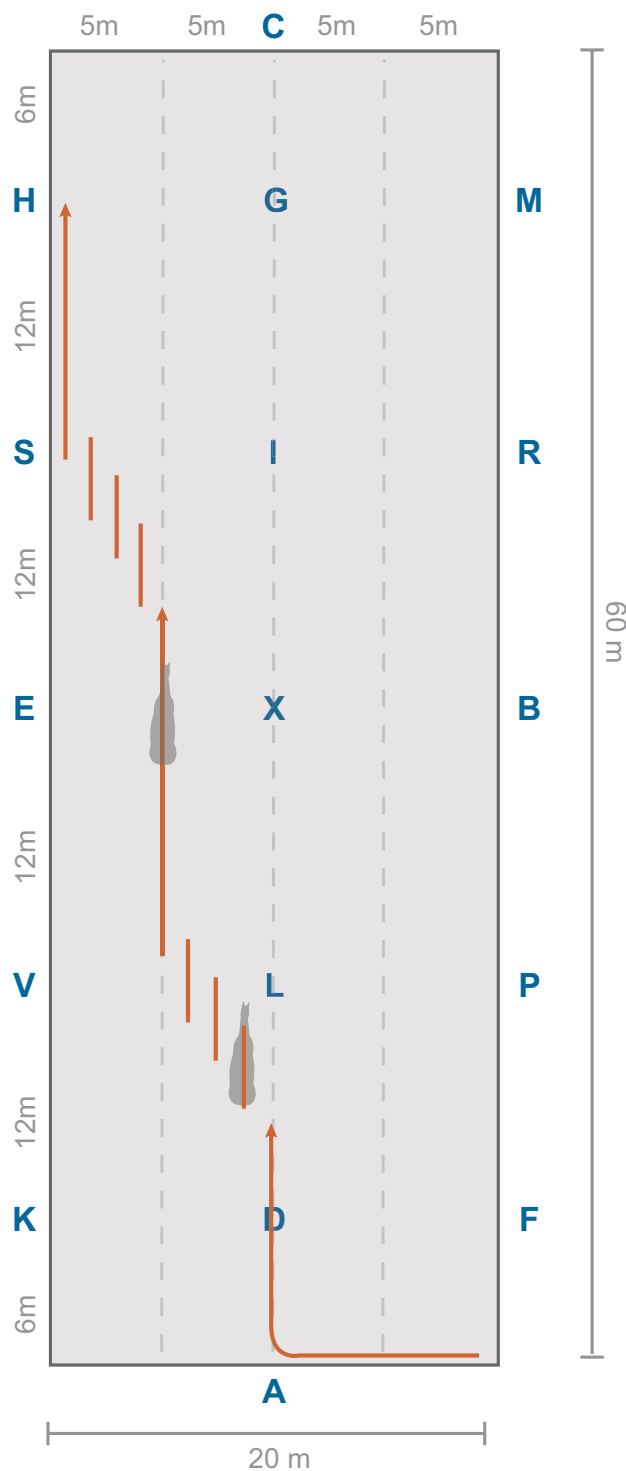
This exercise will improve your canter transition and your horse's suppleness. Start on a 20m circle in the middle between E and B. When you reach the centerline, make a 10 m circle in the opposite direction, change the bend back to the 20 meter circle and pick up the canter! This exercise really helps you to get your horse supple, on the aids and improve your canter transition.





Leg-yield Staircase

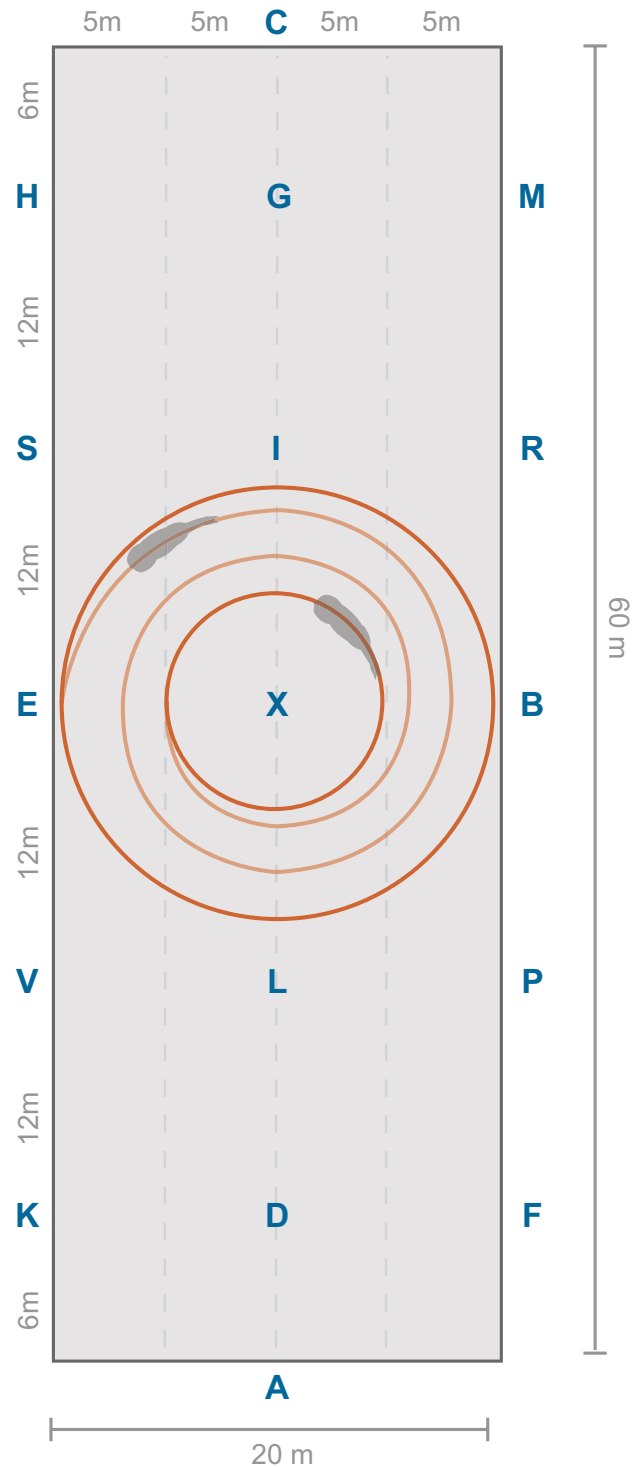
In this exercise you will start on center line and leg yield over for two to three steps. Ride straight for a few steps, and then leg yield again. This exercise will improve your leg yields, help you to control your horse's shoulder, and improve the responsiveness to your inside leg.





The Spiral Circle

Start on a 20 meter circle. Then spiral into a 10m circle. From the 10m circle, leg-yield back out to the bigger circle with the haunches leading. Focus on the tempo and the connection as you spiral in. Make sure your horse does not slow down or lose the connection. As you spiral out, really push your horse's inside hind leg under – you will feel the beginning of engagement!





Tips and tricks to help you with your patterns and figures

1. **Focus on rhythm and tempo** – make sure that you are counting the rhythm and feeling the beat as you maneuver your horse through the turns.
2. **Look up!** You will be amazed how much just looking where you are going helps with accuracy, your rider position, and your horse's balance!
3. **Simplify** – if you're having trouble, go back and do the pattern at the walk until you can confirm the aids. Try the pattern again at a trot or canter.
4. **Focus on symmetry and bend** – notice the differences that you feel in your body and in your horse left vs. right and through repetition of the figures, you want you and your horse to become more symmetrical.
5. **Repeat the pattern three times** then move onto something different or change direction. In general, three is the magic number. It gives you enough repetition to improve on the exercises but not so much that your horse gets frustrated.
6. **Set out cones** – this is a great way to make sure that you're riding accurately. You can purchase cheap soccer cones on the internet.



Thank you!

Amelia



Additional Resources

Amelia Newcomb Dressage is here to help you
LEARN, TO *love* YOUR RIDE

Here are additional resources. Click below to be directed to the links

[Amelia's Top 10 Training Exercises](#)

[Half-halt Workshop](#)

[Ride-Along Podcasts](#)

[Groundwork Essentials](#)

[Transitions Workshop](#)

