

What YOU need to do to become a better rider!

The goal of this assessment is to help you identify areas of strengths and weaknesses in your riding. This serves as an opportunity for self-reflection on your riding and should give you an idea of where your weaknesses are and what to work on!!



Categories: (1=Low Agreement, 10=I'm amazing!)

Rider Position

When I ride, my upper body stays mostly vertical. I am not leaning forward, nor am I leaning too far back.

1 2 3 4 5 6 7 8 9 10

When I ride, I am able to keep the proper alignment of shoulder, hip, and heel.

1 2 3 4 5 6 7 8 9 10

I sit straight and even on my horse. I have equal weight in both seat bones and I am able to keep equal pressure in both reins when riding.

1 2 3 4 5 6 7 8 9 10

I am able to sit with and follow the motion of my horses' back at the walk, trot, and canter. I don't bounce in the saddle and my hips are connected to my horses' back when I ride.

1 2 3 4 5 6 7 8 9 10

I can use my aides independently when I ride. For example, I am able to kick or use my leg without changing or stiffening in my arms or hips.

1 2 3 4 5 6 7 8 9 10

Rider Mindset

I know that becoming a good rider and horseman is hard work. I am in it for the long haul and am prepared to enjoy the journey as much as the destination.

1 2 3 4 5 6 7 8 9 10

I have good self-esteem and positive self talk. I give myself credit for the things that I do well and I have confidence in my skills and in my horse.

1 2 3 4 5 6 7 8 9 10

I am brave and I trust my horse. I know that I can handle my horse in new and difficult situations.

1 2 3 4 5 6 7 8 9 10

I stay positive about my riding and I make riding a priority in my daily schedule.

1 2 3 4 5 6 7 8 9 10

Future Outlook

I have a clear plan and goals with my horses and my riding. I know my strengths and weaknesses and I feel that I can make progress

1 2 3 4 5 6 7 8 9 10

I have an appropriate horse that will be able to progress and improve with me.

1 2 3 4 5 6 7 8 9 10

I have help and resources of people that can help me with my horse if I get into trouble.

1 2 3 4 5 6 7 8 9 10

I understand the system of Dressage and the dressage training scale and I have some idea of how to train a dressage horse.

1 2 3 4 5 6 7 8 9 10

Once you have filled out the worksheet, look at your answers and try to identify which category (rider position, rider mindset, or future outlook) is your strongest and which is your weakest. Then set some goals and strategies for what you can do to improve where you are weak!!

Happy Riding!!!