



## ***CENTRAL TEXAS POLO ASSOCIATION SPRING SCHOOL***

### **DAY 1 (INTRO TO POLO DAY)**

8:30 – 8:45 AM Welcome & Introductions

8:45 – 10:00 AM Basics of the Game of Polo

- The Field (arena vs. grass)
- The Polo Horse
- The Player and Equipment
- The Basic Four Shots
- Basics of the Game (Line of the Ball and Right of Way)
- Basics of Riding-Off
- Basics of Hooking
- The Throw-in
- Right of Way and Safety Basics

10:00 – 10:30 AM Foot Mallets

- Defense from left (near) side
- Defense from right (off) side
- Practice 4 basic shots

10:30 – 11:30 AM Mounted Polo Exercises (split in two groups)

- Warm-up Horses
- Shoulder to Shoulder
- Rotation Exercise
- Defense from left (near) side
- Defense from right (off) side
- Practice 4 basic shots
- Right of Way and Safety Basics

10:30 – 11:30 AM Instructional Game Chukkers followed by Pizza social

## **DAY 2**

8:30 – 9:30 AM Line of the Ball & Right of Way

Video and Board Demo of Blue Book Examples

9:30 – 10:00 AM Grooming & Tacking your Horse for Polo (classroom)

- Tack Characteristics
- Bits & Reins: Types & Different Uses

10:00 – 11:00 AM Tacking Demo (split into 2/3 groups)

1. Students have hands on demonstration and practice

11:00 – 11:30 AM Mounted Swing Practice (Stationary or Walk)

10:30 – 11:30 AM Instructional Game Chukkers

## **DAY 3**

8:30 – 10:00 AM Polo Rules Review (video and board demo)

- Carrying the Ball
- Stopping on the Ball
- Turning the Ball
- Dangerous Riding
- Improper Use of Mallet
- How Play Commences, Is Interrupted and Resumes

10:00 – 10:30 Riding Basics for Polo (classroom)

10:30 – 11:00 Mounted Swing Practice (stationary or walk)

11:00 – 11:30 Riding Basics for Polo (Mounted)

11:30 – 12:30 Instructional Game Chukkers

## **DAY 4**

8:30 – 10:00 AM Polo Rules Review (video and board demo)

- Fouls and Penalties
- Penalty Selection
- Penalty Execution (Grass & Arena)

10:30 – 11:00 Mounted Swing Practice (stationary or walk)

11:00 – 11:30 Playing the Boards & Defending Goal Practice

11:30 – 12:30 Instructional Game Chukkers

## **DAY 5**

8:30 – 10:00 AM Polo Rules Review (video and board demo)

- Right of Way: Outdoor Advanced Illustrations
- Right of Way: Arena Advanced Illustrations

10:00 – 10:30 Horse & Polo Economics

10:30 – 11:00 Mounted Swing Practice (stationary or walk)

11:00 – 11:30 Ride-Off and Hook Practice (trot/canter)

11:30 – 12:30 Instructional Game Chukkers

## **DAY 6**

8:30 – 10:00 AM Polo Rules Review (video and board demo)

- Outdoor/Arena Rules Distinctions Reference
- Review of Penalties
- Penalty Strategy (Arena)
- Team Strategy (Arena)

10:00 – 10:30	Mounted Swing Practice (stationary or walk)
10:30 – 11:00	Penalty Execution Practice
11:00 – 12:00	Graduation Tournament (friends & family welcome)
11:00 – 12:00	Barbeque Social