

# BASIC LEVEL MINI CHALLENGES 2025

## Dressage Mini Challenges

- Ride a 20m circle at walk
- Ride a 20m circle at trot
- Ride a 20m circle at canter
- Have a dressage lesson
- Enter a dressage competition
- Ride 1 simple changes in a session
- Ride a test of the next level above where you are working
- Enter a competition at a new venue
- Rein back 4 steps
- Ride 4 correct square halts in one session (feel free to check)
- Practice a half a 20m circle
- Ride an accurate 10m circle
- Ride a test without a caller if you usually have one
- Learn 2 new dressage tests over the course of the challenge
- Use trotting poles during a session
- Work your horse in hand for a session focusing on transitions
- Ride a test on grass / school on grass if this is not something you normally do
- Learn the arena markers if you don't know them
- Learn to trot on the correct diagonal if you don't already

## Preparation for Driving Mini Challenges

- Lunging your horse to teach them the aids for walk
- Lunging your horse to teach them the aids for stop
- Lunging your horse to teach them the aids for trot
- Get your horse used to wearing two lunge lines
- Using two lunge lines (and a roller if you have one) teach your horse the aids for walk, stop, trot and rein back
- Drive your horse around a figure 8 at walk
- Drive your horse around a figure 8 at trot
- Lunge your horse around a weave of 4 obstacles
- Ask your horse to stop and back up with you driving them 3 times in a session
- Trot to walk transitions whilst being driven 3 times in a session
- Walk to stop transitions whilst being driven 3 times in a session
- Teach your horse to stand still when halted if you relax the rein and count to 10
- Lead your horse out in hand
- Drive your horse out in hand (when safe to do so)

## Endurance riding Mini Challenges

- Walk through water or over a tarp
- Put off and take off a coat whilst riding
- Enter an endurance competition
- Ride out for 1 hour
- Get off your horse and back on whilst out riding
- Trot on a ride for 1 minute continuously
- Open and close a gate
- Ride in company
- Ride out alone
- Ride a total of 5km in a week
- Ride a total of 10km in a week
- Ride a total of 15km in a week
- Ride in an open space
- Ride down a bridle way
- Practice trotting your horse up as you would do for the vet check
- Sign up to Endurance GB
- Ride out every time in hi-viz
- Take your horse out in the trailer

If you would like any advice and guidance on how to teach your horse any of these tasks, Premium Members take part in the weekly Q&A where you can get help from Rhian.

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## Groundwork Mini Challenges

- Lead your horse with you keeping them at the same point on you
- Send your horse around an object
- Send your horse around a figure 8
- Pick up all 4 feet from one side
- Long line your horse over 2 poles
- Long line your horse between 2 poles
- Send your horse over a X pole
- Take your horse for a walk
- Get your horse to go over an obstacle
- Lunge horse in 3 circles
- Have your horse stand next to the mountain block ready to Mount your horse from the right side
- Mount and ask the horse to stand for 10 seconds (If ridden )
- Back up 5 steps
- Back up 10 steps
- Back up over a pole
- Enter an online showing competition
- Lead your horse with an umbrella or flag in hand
- Ask your horse to trot alongside you whilst you jog
- Ask your horse to move away from your hand. This could be on the shoulder. Hip or even at the ribcage

## Hacking Mini Challenges

- Lead your horse out somewhere
- Lead your horse out and ride home
- Ride out alone
- Ride out with a friend
- Open and close a gate on a ride
- Box out and ride somewhere new
- Ride out for 1 hour
- Ride out for 2 hours
- Ride out with more than 2 people
- Ride in the rain if you wouldn't normally
- Ride in the dark (if safe to do so, arena lights can be on)
- Go exploring following a map (you can also visit us for this )
- Hack on a loose rein
- Trot in an open space
- Trot on a bridlepath
- Canter on a bridlepath
- Visit the beach
- Ride up a steep hill
- Ride down a steep hill
- Ride in woods
- Ride out and have a picnic stop before riding home
- Lead the ride with a group of horses
- Ride out bitless (if safe to do so)
- Ride under trees (low branches) without falling off
- Practice getting off your horse and re-mounting whilst out

## Horseback Archery Mini Challenges

- Ride a straight line at walk without using the reins
- Ride a figure 8 one handed
- Ride around a cone one handed
- Ask your horse to stop whilst only using one hand
- Walk a 20m circle standing in your stirrups
- Set up a 3m corridor to ride your horse down
- Ride down the corridor at walk stand in the stirrups and turn and face behind
- Walk holding a glass (plastic cup) of water or reading a book
- Throw a ball or beanbag into a bucket whilst riding at walk
- Pick up a flag / stick or whip out of a cone whilst walking
- Follow something
- Throw a crop whilst riding your horse with no reins (reins tied up)
- Learn to shoot a horse-bow on the ground
- Enter a horseback archery competition
- Have a horseback archery lesson / taster
- Teach your horse to slow down from your seat / voice
- Shoot a bow and have your horse stand behind you and get used to the noise

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## Jumping Mini Challenges

- Ask your horse to jump on a circle whilst maintaining gate and rhythm
- Jump a cross pole
- Jump a log
- Jump a straight bar
- Jump an oxer
- Jump a double
- Jump at a trot
- Jump a scary fence
- Jump 5 cm higher than you normally would do
- Jump 10 cm higher than you normally would do
- Jump a XC jump
- Have a jumping lesson
- Jump a fence bridle less
- Jump a fence bitless
- Jump your horse at least once a week over the course of the challenge

**All of the above jumping tasks can be done on the lunge either as an individual task or as a warm up exercise.**

## One Day Eventing Mini Challenges

- Ride a test without being called
- School in the arena at least once a week for the duration of the 12 week challenge.
- Have a jumping lesson
- Have a dressage lesson
- Hire a XC course
- Jump a cross pole jump
- Jump a straight bar fence
- Lunge your horse over a grid of jumps and poles
- Ride your horse over a grid of jumps
- Ask your horse to jump on a circle whilst maintaining gate, practicing light seat between fences
- Jump a log
- Jump 3 jumps consecutively
- Jump at a trot
- Ride a 20m circle
- Enter a dressage competition
- Ride a test of the next level above where you are working
- Enter a competition at a new venue
- Ride 4 correct square halts in one session
- Practice a half a 20m circle
- Trot 3 accurate 10m circles in a session
- Learn 4 new dressage tests over the course of the challenge
- Use trotting poles during a session
- Enter an ODE

## Polo Mini Challenges

- Ride around with a whip making sure you can swing it around and your horse is relaxed
- Teach your horse to be happy with you shifting your weight about in the saddle and leaning over
- Canter a 10m circle (both reins)
- Canter a 20m circle (both reins)
- Have a polo lesson
- Stick and ball training at walk (hit and follow ball alone and repeat)
- Ride in an open space
- Ride with other horses in the arena / space
- Practice hitting a ball off fence / wooden horse
- Pass the ball to someone
- Ride around an object at canter
- Neck rein a circle
- Neck rein a figure 8
- Simple lead changes
- Stand in your stirrups for one lap of the arena at a canter (both reins)
- Try the polo rising canter seat
- Ride canter continuously for 30 seconds
- Ride canter continuously for 1 minute (both reins)
- Practice quick canter – gallop transitions without your horse getting too fizzy

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## Trec Mini Challenges

- Attend a Trec training session
- Ride out alone
- Ride out with a friend
- Ride between two poles 70cm wide x 8m long
- Backup between two poles 1m wide x 2m
- Ride a figure 8 at walk
- 'Neck rein' a figure 8 with only one hand on the reins at walk
- Learn to read an OS map
- Follow a route on a map
- Plot a route on a map (using legal routes) and follow it
- Practice using a compass
- Ride a weave pattern at trot
- Ride out for 2 hours
- Ask your horse to stand still whilst on the ground and walk away from them for 5 seconds
- Ask your horse to stand still while mounted and drop the reins for 10 seconds
- Ride under low branches at trot
- Ride an S bend without touching sides
- Lead your horse on a loose rein round an S bend without touching the sides
- Ride over a tarpaulin at walk
- Lead your horse at walk over a tarpaulin
- Hire a TREC course
- Ride through water at walk
- Practice Fast walk for the long side of the arena without breaking
- Lead through a corridor
- Ride out for 10km
- Ride out wearing at least 4 hi-viz items
- Lead your horse through a trailer calmly
- Remount on both sides from a mounting block without your horse moving a foot

## Western Mini Challenges

- Slow your horses trot down to a jog
- Ride with longer stirrups
- Ride a lap of the arena/ area with the reins in one hand
- Ride a figure 8 with the reins in 1 hand
- Ride a circle (accurately) with the reins in one hand
- Drag something with your horse
- Drag something on your horse
- Swing a rope off your horse
- Dress like a cowboy and ride your horse
- Try a barrel racing pattern
- Ride without a noseband
- Ride in a western saddle
- Stop your horse using your seat and the command Woah!
- Ride an AQHA pattern
- Ride over an obstacle
- Backup 10 steps in a straight line
- Ride around a barrel
- ¼ turn left

## Working Equitation Mini Challenges

- Open and close a gate
- Have a WE lesson
- Rein back 12ft
- Ring a bell off your horse
- Hook a bull ring as you ride past at walk
- Hook a bull ring as you trot past
- Ride across a bridge
- Sideways along a pole
- Practice a dressage test
- Rein back your horse through an L shape
- Ride through water
- Ride through a slalom of obstacles
- Practice 2 obstacles focusing on accuracy / style
- Practice two obstacles focusing on speed
- Make a cattle pen on the floor out of poles and ride around it (choice of speed)
- Try and ride a circle with reins in your left hand (both directions)
- Try and ride a figure 8 with reins in one hand at walk
- Canter continuously for 30 seconds

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## Horse Agility Mini Challenges

- Front feet over pole and then back over
- Walk confidently over tarpaulin
- Walk confidently through a curtain of ribbons
- Using parallel poles stop with horses front feet level with the end of pole and reverse through without touching.
- Using parallel poles stop with horses back feet level with the end of poles and reverse through without touching
- Walk with horse in and out of cones placed 2.5m apart to practice bending
- Walk confidently around S bend of poles with a 1.5m corridor.
- Walk confidently around S bend of poles with 1m corridor
- Carry a load – Fill two dustbin liners or straw or similar and Strap them together. Show your horse the bags carry them and walk 3m with your horse following
- Create a corridor in the shape of an L bend with flags, bunting, feed bags . Walk your horse safely through the L bend.
- Create a bottle bank using a triangle of poles filled with squashed plastic bottles. Walk your horse safely over the bottles with you in the leading position.
- Create a figure 8 spaced one horse's length apart. Walk your horse around both barrels in a figure 8.
- Walk your horse through a Hula hoop on the floor. Feet must not touch the hoop
- Ask your horse to step two front feet in the hoop, without touching, and stop for 5 seconds
- Pick up an umbrella, put it up and carry it for 4m holding it out in front of you.
- Pick up an umbrella, put it up and carry it for 4m holding it over your head.
- Walk horse through an L bend of poles that are 2m apart
- Trot horse through an L Bend of poles that are 2m apart
- Pick up an inflated balloon and walk with your horse for 3 metres
- Leading your horse in your right hand pick up a string containing noisy items attached in your left and drag the items for 4m at walk
- Pick up a flag and walk with it leading your horse for 4m
- Pick up a flag and wave it over your horses body whilst he stands still

## Liberty Mini Challenges

**All of the below should be firstly mastered with a rope attached to your horse .You should aim to keep slack in the rope in preparation for taking off the rope.**

- Walk in a straight line with your horse at the side of you
- Jog with your horse at the side of you
- Stop with your horse at the side of you
- Make a gentle turn with your horse staying with you
- Ask your horse to disengage his hind end and turn and face you (do this from both sides)
- Send your horse around you in a circle at walk
- Send your horse away from you and then ask them to come back towards you

## Daily Essentials Mini Challenges

- Pick up all 4 feet whilst your horse is tied up
- Lead through a gate calmly
- Ask your horse to lower thier head for haltering
- Have your horse stand still for 6 seconds whilst you mount
- Ride over a tarpaulin
- Walk your horse for 30 seconds with slack in the rope without them pulling

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