

MEDIUM LEVEL MINI CHALLENGES 2025

Dressage Mini Challenges

- Ride two 20m circles at trot or canter with accuracy
- Ride a shoulder in down the long side (ensuring it is correctly on 3 tracks)
- Ride a slightly collected trot circle
- Ride a slightly extended trot circle
- Have a dressage lesson
- Enter a dressage competition
- Ride three simple changes in a session
- Ride a flying lead change using a pole
- Ride a test of the next level above where you are working
- Enter a competition at a new venue
- See if you can ask for clean walk to canter transitions
- Rein back 4 steps whilst staying straight
- Ride 4 correct square halts in one session
- Practice 5 half a 20m circles at either walk on a long rein, trot or canter
- Trot 3 accurate 10m circles in a session
- Ride a test without a caller
- Learn 4 new dressage tests over the course of the challenge
- Ride extended trot across the diagonal on each rein (making sure its not just quicker)
- Use trotting poles during a session
- Leg yield across the diagonal (you may need to build up to this)
- Work your horse in hand for a session
- Ride a dressage test on grass
- Ride a three loop serpentine at trot with accuracy

Preparation for Driving Mini Challenges

- Lunge your horse to teach them the aids for walk, trot and stop
- Get your horse used to wearing two lunge lines
- Lunge your horse from one direction to the other using both lines whilst lunging, change direction 3 times in a session
- Drive your horse around a figure 8 at walk and trot
- Lunge your horse around a weave of 4 obstacles at walk and trot
- Ask your horse to stop and back and walk to trot with you driving them
- Teach your horse to stand when halted – standing for at least 1 minute with you not having to make corrections.
- Lead your horse out in hand
- Drive your horse out in hand (when safe to do so)
- Drive your horse over a jump / or obstacle
- Drag something when walking with your horse (person drag, not horse)
- Using help from someone, have them drag an object whilst you drive your horse after it
- Drive your horse out with someone riding with you
- Drive your horse whilst dragging something behind them (person dragging, not horse)
- Teach your horse to accept a rope behind his tail and get him used to wearing a roller
- Teach your horse to be relaxed in a narrow space
- Practice driving whilst carrying a whip
- Put a harness on your horse (if you have one) and lead him until he is comfortable
- Have lessons off a professional who can teach you and your horse to drive

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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Endurance Mini Challenges

- Walk through water
- Put off and take off a coat whilst riding (have someone hold your horse if you need to the first few times)
- Enter an endurance competition
- Ride out for 1 hour each week over the 12 weeks
- Trot on a ride for 2 minutes continuously
- Trot on a ride for 5 minutes continuously
- Trot on a ride for 10 minutes continuously
- Canter on a ride for 2 minutes continuously
- Open and close a gate
- Ride in company
- Ride alone at least 3 times over the course of the challenge
- 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 a total of 20km in a week
- Ride a total of 25km in a week
- Ride a route of 10km
- Ride a route of 20km
- Ride in an open space
- Ride an extra 3km per week increasing each week over the challenge
- 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

Groundwork Mini Challenges

- Send your horse around a figure 8 at trot
- Figure 8 at liberty
- Pick up all 4 feet from one side
- Lead backwards from the tail 10 steps
- Two circles at liberty
- Five circles at Liberty
- Long line your horse over 2 poles
- Teach your horse to Lie Down
- Teach your horse Spanish walk
- Walk over a tarpaulin
- Jump online
- Jump at liberty
- Get your horse to follow you without a rope
- Take your horse for a walk
- Sideways down a fence
- Back into a stable
- Put bridle on from a chair
- Figure 8 your horse whilst sat down
- Get your horse to go over an obstacle
- Flying Lead changes at liberty
- Shoulder in along a fence
- Shoulder in without fence
- Haunches in with fence
- Haunches in without fence
- Lunge horse in 3 circles
- Mount your horse from the right side
- Mount and ask the horse to stand for 10 seconds
- Mount horse from the ground
- Mount horse from a fence
- Back up 5 steps
- Back up over a pole
- Vault onto your horses back
- Dismount whilst in motion
- Enter an online showing competition
- Teach your horse to bow
- Teach your horse to pick something up
- Ask your horse to ground tie and walk a lap around them without them moving
- Lead your horse with an umbrella in hand

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Hacking Mini Challenges

- Ride out alone once a week for the course of the challenge
- Hack your horse out twice a week every week over the challenge
- Ride out with a friend
- Open and close a gate
- Ride through water
- Jump something out hacking
- Ride in an open space
- Get on your horse from the ground
- Get on your horse from a fence or a natural object
- Box out and ride somewhere new
- Ride to a pub (come to us we have lots)
- Ride out for 3 hours
- Ride out for 4 hours
- Ride out with more than 2 people
- Attend a fun ride
- 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)
- Trot or canter in an open space
- Trot or canter on a bridlepath
- Ride through livestock
- Visit the beach
- Ride and lead another horse
- Ride out wearing at least 8 hi-viz items
- Ride out and have a picnic stop before riding home
- Ride out bitless (if safe to do so)
- Gallop out (where allowed)
- Ride under trees (low branches) without falling off

Horseback Archery Mini Challenges

- Ride a straight line at walk without using the reins
- Ride a straight line at trot without using the reins
- Ride a straight line at canter without using the reins
- Ride a figure 8 one handed
- Walk, trot and canter a 20m circle standing in your stirrups
- Set up a 3m corridor to ride your horse down it
- Ride down the corridor at walk, trot and canter, stand in the stirrups as you do and turn and face behind
- Trot holding a glass (plastic cup) of water or reading a book
- Canter holding a glass (plastic cup) of water or reading a book
- Throw a ball or beanbag into a bucket whilst riding at walk, trot and canter
- Pick up a flag / stick or whip out of a cone whilst walking, trotting and cantering
- Throw a crop whilst riding your horse with no reins (reins tied up)
- Learn to shoot a horsebow
- 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

- Jump your horse over a jump on the lunge on both reins
- Jump a cross pole, log or a straight bar
- Jump an oxer on each rein
- Jump a double on each rein
- Jump 3 jumps consecutively
- Jump 5 jumps consecutively
- Jump a full jumping course
- Jump your horse at liberty
- Jump in a competition
- Jump a scary fence or a fence with fillers
- Jump 5 cm higher than you normally would do
- Jump 10 cm higher than you normally would do
- Jump a XC jump
- Go hunting
- Jump a grid of at least 3 fences
- Jump a grid of at least 6 fences (can be done at liberty or on the lunge)
- Jump a corner fence
- Jump a skinny
- Have a jumping lesson
- Jump a fence and come to a halt
- Jump in an affiliated competition
- Join a jumping clinic
- Ride on a XC course
- Jump a fence bitless
- Jump a course bitless
- Jump your horse at least once a week over the course of the challenge
- Jump without stirrups

One Day Eventing Mini Challenges

- School in the arena once a week for the duration of the 12 week challenge
- Jump your horse at once a week for the duration of the 12 week challenge
- Have a jumping lesson (SJ or XC)
- Have a dressage lesson
- Hire a XC course
- Ride a dressage test at home and then put up 6 jumps and ride over those
- Jump a fence with an unusual filler that your horse may be worried about
- Lunge or ride your horse over a grid of jumps and poles
- Jump a show jumping course
- Hire a gallops for your horse
- Jump a skinny fence
- Jump a log, straight bar, oxer or a double combination
- Jump 5 jumps consecutively
- Ride a flying lead change using a jump
- Ride a flying lead change without a pole or jump
- Use trotting poles during a session for at least 6 sessions
- Enter an ODE (affiliated or unaffiliated)

Polo Mini Challenges

- Canter figure 8
- Canter a 10m circle (both reins)
- Canter a 20m circle (both reins)
- Have a polo lesson
- Stick and ball training at walk, trot and canter (hit and follow ball alone and repeat)
- Ride in an open space working on walk – canter transitions
- Ride with other horses in the arena / space
- Practice hitting a ball off fence / wooden horse
- Lead a horse whilst riding
- Pass the ball to someone off your horse
- Walk to canter transitions in an arena
- Ride around an object at canter
- Neck rein a circle (reins in one hand)
- Neck rein a figure 8 (reins in one hand)
- Simple lead changes
- Flying 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)
- Ride canter continuously for 2 minutes (both reins)
- Ride Canter continuously for 4 minutes (both reins)

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Trec Mini Challenges

- Enter an indoor Trec competition
- Attend a Trec training session
- Ride over a jump at your level – 60cm, 70cm, or 80cm
- Ride out alone
- Ride out with a friend
- Canter between two poles .7m wide x 8m long
- Backup between two poles 1m wide x 2m
- Open and close a gate without letting go of it (use a string)
- Ride a figure 8 at walk/trot
- 'Neck rein' a figure 8 with only one hand on the reins at walk, trot, canter
- Learn to read an OS map and compass
- Follow a route on an OS map
- Plot a route on a map (using legal routes) and follow it
- Ride a weave pattern at trot/canter
- Ride out for 2 hours each week over the course of the 12 weeks
- Ask your horse to stand still whilst on the ground and walk away from them for 10 seconds
- Ask your horse to stand still while mounted and drop the reins for 10 seconds
- Ride under low branches at trot/canter
- 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
- Canter in an open space
- Hire a TREC course
- Jump up/down something
- Ride through water at walk
- Practice slow canter for the long side of the arena without breaking
- Practice Fast walk for the long side of the arena without breaking
- Ride out for 10km – build this up to 20km
- Ride out for 30km
- Ride out wearing at least 4 hi-viz items
- Ride or jump a ditch
- Remount on both sides from a mounting block without your horse moving a foot
- Ride up/down a slope at walk in as straight a line as possible
- Ride a course of 10 TREC style obstacle

Western Mini Challenges

- Slow your horses trot down to a jog
- Ride a figure 8 with the reins in one hand
- Ride a circle on each rein (accurately) with the reins in one hand
- Drag something with your horse (you on the ground)
- Drag something on your horse
- Swing a rope off your horse (learn to swing a rope on the ground first)
- Enter a reining competition
- Enter a western pleasure competition
- Try a barrel racing pattern
- Ride in a western saddle
- Lope your horse (canter) for 1 minute
- Stop your horse using your seat and the command Woah!
- Teach your horse to spin
- Ride in a field of livestock (if safe to do so)
- Heard something
- Follow something
- Rope something
- Ride an AQHA pattern
- Ride over an obstacle
- Jump a fence in a western saddle
- Set up an extreme trail course (or similar)
- Backup 10 steps in a straight line
- Canter to stop to backup
- Ride around a barrel
- ¼ turn left
- Enter an online cowboy dressage competition
- 3 ½ spins in each direction
- Large fast circles to slow smaller circles

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Working Equitation Mini Challenges

- Ride a collected canter around the arena
- Ride a collected canter 20m circle
- Ride a collected canter 10m circle
- Ride a collected canter around a 20m circle on both reins followed by a 10m circle on both reins
- Open and close a gate with style
- Enter a working equitation competition
- Have a WE lesson
- Ring a bell off your horse then rein back
- Jump a fence of straw bales (or the equivalent of)
- Ride 3 flying lead changes in a session
- Hook a bull ring as you ride past at canter
- Walk to canter transitions – canter to walk transitions
- Ride around a barrel at canter
- Ride around a three barrel pattern at canter with simple changes between direction
- Ride around a three barrel pattern with flying changes
- Ride across a bridge
- Sideways along a pole
- Practice a dressage test
- Rein back your horse through an L shape
- Ride through water or over a tarpaulin
- Ride through a slalom of obstacles
- Ride through livestock (where safe and appropriate to do so)
- Practice 2 obstacles focusing on accuracy / style
- Practice 2 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)
- Ride a figure 8 with reins in one hand
- Ride 5 WE obstacles with reins in one hand
- Canter for 1 minute before 4 strides of walk then back to canter

Horse Agility Mini Challenges

- Ask your horse to put all four feet over pole and then back over
- Trot confidently over Tarpaulin
- Trot diagonally onto Tarpaulin stop and then Trot off
- Trot confidently through curtain of ribbons
- Using Parallel poles Stop with horses back feet level with the end of poles and reverse through without touching
- Using Parallel poles 3 Bring horse around in front of parallel poles and then reverse through without touching
- Trot with horse in and out of cones placed 2.5m apart to practice bending
- 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. Carefully place the bags over your horses wither, like panniers, then walk your horse 3m
- Using the load the same as above carefully place bags over horses wither and trot your horse 3m, you may need to hold the bags
- Create a corridor in the shape of an L bend with Flags, Bunting, feed bags. Trot your horse safely through the L bend
- Create a bottle bank using a triangle of poles filled with squashed plastic bottles. Trot your horse safely over the bottles with you in the leading position
- Create a figure 8 spaced one horse's length apart. Stand between the barrels about 2m from them and send your horse around 1 and then the other at walk
- Ask your horse to step two front feet in the a hoop, without touching, and stop for 5 seconds
- Ask horse to step two back feet in a Hoop, loop the rope over his neck and walk around your horse in both directions whilst he stands still
- Pick up an umbrella, put it up and Trot over a tarpaulin holding it in front of you
- Walk horse through an L Bend 2m apart, reverse through and then trot back through
- Tie an inflated balloon to a pole or electric fence post and ask your horse to touch It with his nose
- 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 trot
- Pick up a flag wave it over your horses body whilst he stands still then trot with him for 4m whilst still carrying the flag

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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.

- Ask your horse to stay with you, whilst you walk or job from both sides
- Send your horse at walk around a figure 8
- See if you can teach your horse to come to you via a que (such as a whistle)
- Ask your horse to over an object, could be a pole, tarp or jump
- Ask your horse to trot a circle around you before disengaging them to stop and bringing them into you
- Ask your horse to walk through a series of obstacles with you
- Move your horses forequarters away from you
- Ask your horse to disengage via a trot or a canter and come back into you
- Ask your horse to walk backwards with you

Daily Essentials Mini Challenges

- Pick up all 4 feet whilst your horse is ground tied
- Open and close a gate with your horse politely walking through
- Ask your horse to wait politely whilst you feed them
- Mount your horse on a loose rein whilst they stand still for 10 seconds
- Trot your horse on a 20m circle on a loose rein
- Canter your horse on a 20m circle on a loose rein

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