

Two Day Polo Lesson Plan for USPC

Day 1

9am-12pm

- I. Welcome/Introduction
 - A. Brief history of Polo, What I do and what the USPA is all about
 - B. Get to know the participants, sign liability waivers, provide handouts and let them know the agenda
 1. Talk about other programs: polo camps, umpire clinics and membership
- II. Show: USPA Arena bluebook video or Outdoor video
 - A. Group discussion: Focus on Line of Ball, Right of Way and Man, Line, Ball Theory as video presents itself
 - B. Also talk about Fouls, Positioning and Strategies
- III. Learn: The Mechanics of Hitting the Ball
 - A. Foot Mallets: The four basic strokes
 1. Holding the mallet correctly
 2. Practice hitting the balls to each other
- IV. Foot mallet polo scrimmage
 - A. Hooking: Show examples of good and bad
 - B. Ride-Offs: Explain the proper way and the dangers of speed and distance
 1. Practice shoulder to shoulder contact and cannot use elbows
 - C. Line-ups and Bowl-ins
 1. Explain positions/strategies and walk through penalties
 - D. Explain rotations and how to get on the LOB to establish the ROW
- V. Special Rules for foot mallet polo scrimmage
 - A. Mallets below the waist in close quarters
 1. Safety first especially w/o helmets or safety goggles
 - B. When hooked, both players rotate back around to re-establish themselves on ROW or go up for a pass
 - C. When ridden off (contact made with other player) rotate back around or go up for a pass
 - D. Shoot-Out at the end of the game regardless of score will produce the winner

Lunch break: 12pm-1pm Show videos of I/I games

1pm-4pm

- I. Tacking of Horses/Preparation
 - A. Safety First: Be aware of your surroundings, watch and talk to your horses
 - B. Go through the process of getting your horses ready: brushing, cleaning hooves, wrapping legs, saddling and tying tails

- C. Check for Safety again: From the ground show how to check stirrup length
 - 1. Hand on pommel of saddle, put stirrup leather up into armpit or fingers on the keeper with stirrup iron into armpit
- II. Walk horses into the arena
 - A. Introduce new (non-polo horses) to mallets/balls keep horses spread apart while riders are on the ground
 - 1. Present mallets/balls to horses in a kind non-threatening way
 - B. Re-check girth and mount horses have someone there to assist person onto the horse either by mounting block or the natural way
 - C. Walk the horses around, get feel of the horse and have someone hand the mallet to you on the right side
 - 1. **Do not place your thumb into the strap until your horse has accepted and has confidence about the mallet/ball**
 - 2. Keep horses in a single file line with a horse distance apart as you practice swinging the mallet
 - a. Start with a baby swing like the “dribble”, the half-swing to an easy full swing on the off-side
 - b. Repeat the same steps on the near-side
- III. Equitation: Horses are at least 80% of the game
 - A. How well you ride is how well you play the game!
 - 1. Polo Seat what is it?
 - a. Combination of riding styles: check balance and for a straight line from the shoulder, to the hip and heel
 - B. Calvary Drills/Polo Drills in general
 - 1. Rate horse's, keep the spacing a horse length from each other
 - 2. Practice polo seat and getting into the hitting platform
 - C. Practice Hitting the four basic strokes
 - 1. Do relay competition between two teams
 - a. Balance teams accordingly to level of riding ability
 - 2. Do shoot-out between teams

Day 2
9am-12pm

- I. Check for knowledge: Ask questions about the three main concept; LOB, ROW and Man, Line, Ball Theory
 - A. Have them read paragraphs about the LOB and ROW in the USPA rule book
 - 1. Quiz the participants about what they learned yesterday
- II. Get horses saddled again: Go through Safety and the proper way to get the horse ready for polo
 - A. Repeat II. From Day 1 with the participants, some will be ok, but make sure they know how to introduce their horse to polo
 - B. Do some drills to get them warmed up and to practice their swings

Lunch Break 12pm-1pm Show polo videos of I/I games

1pm-4pm

- III. Coaching Scrimmage: Walk/Trot polo, balance the teams, call fouls and explain penalties
 - A. Have two people help umpire that are in the clinic and help teach them positioning and calling of fouls
 - a. rotate new people in for teams and umpiring
 - B. Make sure that everyone gets a chance to hit a penalty shot
- IV. Conclusion of the clinic: Thank them for coming and wish them a safe trip back home
 - A. Have them fill out a survey on how the clinic went.
 - B. Invite them back again and tell them about upcoming events