

**The following Topics may be used for the Western Competition Coach Rail Work Lesson Topics**

**IMPROVE**

- Speed Control (Pace Control)
- Collection
- Upward and Downward Transitions
- Rider Position
- Progressive and Non Progressive Transitions
- Spacing in a Group
- Stop
- Back-up

\*Lesson up to 20 mins\*

**The following Topics may be used for the Western Competition Coach Maneuvers Lesson Topics**

**IMPROVE**

- Turn on the Haunch
- Turn on the Forehand
- Circles (large & small, fast & slow)
- Side-pass
- Two track (jog)
- Simple Lead Changed through Jog
- Stop
- Back-up
- Upward & Downward, progressive & non-progressive transitions

\*Lesson up to 30 mins\*

**Basic Training Pattern Compromised of these Maneuvers:**

- Turn on the Haunch
- Turn on the Forehand
- Circles (large & small, fast & slow)
- Side-pass
- Two track (jog)
- Simple Lead Changed through Jog
- Stop
- Back-up
- Upward & Downward, progressive & non-progressive transitions

\*Lesson up to 30 mins\*