Of two minds: consulting with the horse-and rider-team in dressage, showjumping and polo


Abstract

The principal aim of this chapter is to increase the psychologist's knowledge of the psychology of horse-and-rider dynamics, and thereby improve skills in adapting traditional strategies to performance enhancement in equestrian teams.

Chapter 25 Of Two Minds: Consulting with the Horse-and-Rider Team in Dressage, Showjumping and Polo. Chapter 26 Sport Psychology and Fitness Activities. Chapter 27 Psychology and Bodybuilding. Chapter 28 Sport Psychology in Gymnastics. Chapter 29 Providing Sport Psychology Support for Athletes with Disabilities. Chapter 30 It's All About Sport Performance . . . and Something Else. Index. Elegant dressage prospect with great movements and active hindlegs. Focused on his rider, pleasant to ride. Dujardin, Gelding. 2014, 168 cm. Well brought on Hanoverian State Premium Mare with fantastic riding qualities. Winner in dressage test for young horses at medium level. En route to the advanced class. Festival, Mare. To compete, the horse's mind and body are taught to react to different commands to perform maneuvers, such as turns, walking straight lines, stopping, and galloping. Dressage was primary developed during the Renaissance Period, but it can be traced all the way back to the time of a famous Greek soldier, Xenophon. Show-jumping is a type of horse event that requires dressage in practice. A short amount of time is spent in the air, with the other needed great control over the horses's actions to maintain high awareness. Equestrian vaulting involves using a single strip of surcingle with two hoops at the top that is attached around a horse's barrel. The rider is longed on the horse, which also wears a bridle with side reins.