

# POLOCROSSE TRAINING EXERCISES

## UNMOUNTED

2 or 3 times a week, for about 10 minutes. If your wrist or arm hurts take a break and finish off later.

Using a wall, door or back of the horse float put a cross on it at shoulder height and;

- **Under arm throw & catch X 10 times.**  
Stand about 2 meters from the wall and throw the ball under arm so that it hits the cross and you catch it above your head.
- **Over arm throw & catch X 10 times.**  
Stand a bit further back, about 3 meters from the wall and throw the ball over arm so that it hits the cross and you catch it near your knees.
- **Speed throw & catch X 10 times.**  
As for an Under arm throw, but throw it on an angle so that you catch it on the other side of your body. Do all 10 throws in as short a time as you can.

Find a pole or a post with nothing around it;

- **Bounce around the pole & catch X 10 times.**  
Stand about 1 meter from the pole, reach past the pole and bounce the ball from one side of your body to the other. Bring the racquet back between you and the post and then reach out and catch the ball.

### Advanced exercises;

- Do the throws all again from 5 meters away and catch it on the full for Under arm and Backwards and after 1 bounce for Over arm.
- **Backwards throw & catch X 5 times.**  
Stand about 3 meters from the wall, stand with your back to the wall, look over the shoulder holding the racquet at the cross and throw the ball under arm so that it hits the cross and you catch it as it comes back past you.
- Bounce around the pole BUT touch the ground before you catch the ball.
- Play force and back with a friend. Passes must be caught on the full, before the ball touches the ground.

## MOUNTED

1 or 2 times a week for about 20 or 30 minutes. You do not have to do all of the exercises each time you ride, just do as many as you can before you get too tired.

With a racquet and ball;

- **Pick ups X 5 times.**  
Start your horse moving, throw the ball in front of you at least 5 meters, ride at the ball so it passes 50cm off to the side, pick the ball up.
- **Bounce X 5 times.**  
From a stand still THROW the ball at the ground and catch it. Repeat the exercise on the move.
- **10 yard throw X 5 times.**  
Start your horse moving, throw the ball so that it bounces 8 meters in front of you, ride at the ball and catch it before it bounces 3 times.

No racquet or ball, just horse and rider;

- **Side Pass X 3 times Left & 3 times Right.**  
Point your horses nose at a fence and ask them to side pass left, one step at a time for 3 or 4 meters. When finished turn to the left/right and walk off. Do the same thing side passing to the right.
- **Change of pace X 3 times.**  
From a trot, sit in the saddle, squeeze your legs and ask your horse to go into a controlled canter.  
At the canter sit down in your saddle, put as little pressure as possible on your reins and bring your horse back to the trot.
- **Figure of 8 X 3 times Left & 3 times Right.**  
Ride your horse in a figure of 8 at the trot 3 times in one direction, then do it at a slow canter.  
Repeat the exercise going in the other direction.
- **Turn and take off X 3 times Left & 3 times Right.**  
From a standing start, relax and sit still for 30 seconds.  
Sit up, pick up your reins and hold you legs firmly.  
Open your reins to the left, apply pressure with your legs so your horse takes off to the left in a trot or canter, turn around fully and ride off for 10 meters.  
Repeat the exercise to the right.

## RULES TO KNOW

1. Be SAFE.  
Running into other peoples horses, hitting players or horses with your racquet or following too closely to another horses rump is dangerous you will have a penalty awarded against you, giving the other team the ball.
2. You can not carry the ball across a line.  
Whether it be a side line or the line for the Goal Scoring Area you cannot have the ball in your racquet when you cross the line.
3. Keep the ball on one side of your horse.  
If you are being racqueted and move the ball to the other side of your horse it makes it dangerous for the person to keep racqueting you.
4. Don't stop on the ball.  
If you miss the ball keep riding. Other riders will be following you to the ball and if you stop they'll run into you.
5. Don't cut others off.  
You have to be following the ball to pick it up. Coming in from the side is cutting someone off and is unsafe, a penalty will be awarded against you.
6. No wild swings of the racquet..  
To try to take the ball off someone (racquet them) you have to be beside them on the same side as their racquet and you can only swing UPWARDS. Swinging in any other direction will be a penalty against you.
7. Have fun.

## WHAT YOU NEED

- Horse
- Helmet, type 3838
- Normal tack ie, saddle, bridle, saddle cloth, etc.
- Racquet.
- Bell boots are a must and leg support of some sort are recommended.

## MORE INFORMATION

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