

# 101 Ground Training Exercises For Every Horse Handler: Read & Ride

Ground training is an essential part of horse training and handling. It helps to build a strong bond between horse and handler, while also teaching the horse basic obedience commands. In this article, we will provide you with 101 ground training exercises that you can use to train your horse. These exercises are suitable for horses of all ages and experience levels, and they can be used to teach a variety of skills, from basic obedience to advanced maneuvers.

1. **Stand:** This is the most basic obedience command. To teach your horse to stand, simply say "stand" and gently push down on its withers. Repeat this until your horse understands the command.
2. **Stay:** Once your horse knows how to stand, you can teach it to stay. To do this, say "stay" and then step away from your horse. Gradually increase the distance and duration of your stays until your horse can stay in place for several minutes.
3. **Come:** This command is used to call your horse to you. To teach your horse to come, say "come" and then gently pull on its lead rope. Repeat this until your horse understands the command.
4. **Heel:** This command teaches your horse to walk beside you on a loose lead rope. To teach your horse to heel, say "heel" and then walk forward. Gently guide your horse to stay beside you, using the lead rope if necessary.

5. **Back up:** This command is used to teach your horse to move backward. To teach your horse to back up, say "back up" and then gently pull back on its lead rope. Repeat this until your horse understands the command.
1. **Yield:** This command teaches your horse to move out of your way when you ask it to. To teach your horse to yield, say "yield" and then gently push it away from you. Repeat this until your horse understands the command.
2. **Side pass:** This command teaches your horse to move sideways in response to your cues. To teach your horse to side pass, say "side pass" and then gently push it to the side. Repeat this until your horse understands the command.
3. **Roll back:** This command teaches your horse to roll back on its hindquarters. To teach your horse to roll back, say "roll back" and then gently pull back on its lead rope. Repeat this until your horse understands the command.
4. **Spin:** This command teaches your horse to spin around on its hindquarters. To teach your horse to spin, say "spin" and then gently push it around in a circle. Repeat this until your horse understands the command.
5. **Bow:** This command teaches your horse to bow its head and neck. To teach your horse to bow, say "bow" and then gently push down on its withers. Repeat this until your horse understands the command.

Liberty training is a type of horse training that is done without the use of a lead rope or halter. It teaches the horse to respond to commands given by

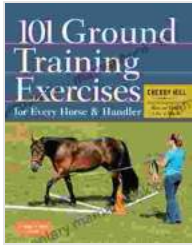
the handler's voice and body language.

1. **Target training:** This is a basic liberty training exercise that teaches the horse to touch a specific target with its nose. To teach your horse target training, place a target on the ground and then say "target." When your horse touches the target, give it a treat. Repeat this until your horse understands the command.
2. **Follow the leader:** This exercise teaches the horse to follow you around without being led. To teach your horse to follow the leader, simply walk around and let your horse follow you. If your horse starts to lag behind, gently call it to you.
3. **Free walk:** This exercise teaches the horse to walk calmly on a loose rein. To teach your horse to free walk, simply walk with your horse on a loose rein. If your horse starts to pull or rush, gently slow it down.
4. **Recall:** This command teaches the horse to come to you when you call it. To teach your horse to recall, say "recall" and then run away from your horse. When your horse catches up to you, give it a treat. Repeat this until your horse understands the command.
5. **Halt:** This command teaches the horse to stop when you say "halt." To teach your horse to halt, say "halt" and then gently pull back on its lead rope. Repeat this until your horse understands the command.

If you are having trouble training your horse, there are a few things you can do to troubleshoot the problem.

## 101 Ground Training Exercises for Every Horse & Handler (Read & Ride) by Cherry Hill

★★★★☆ 4.6 out of 5

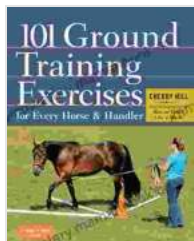


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- **Make sure that your horse understands the command.** If your horse is not responding to a command, it is possible that it does not understand what you are asking it to do. Try breaking down the command into smaller steps and teaching your horse each step one at a time.
- **Be patient and consistent.** Training a horse takes time and patience. Do not get discouraged if your horse does not learn a command immediately. Continue to practice the command with your horse and it will eventually learn.
- **Use positive reinforcement.** Positive reinforcement is the best way to train a horse. When your horse does something you like, give it a treat or praise it. This will help your horse to associate good behavior with rewards.
- **Avoid punishment.** Punishment is not an effective way to train a horse. It can damage the bond between horse and handler and make it more difficult to train the horse in the future.

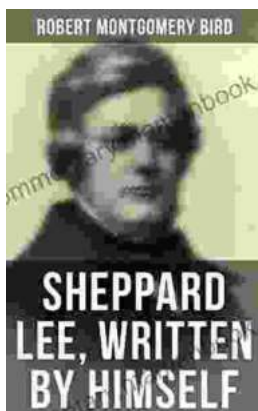
Ground training is an essential part of horse training and handling. By using the exercises in this article, you can teach your horse a variety of skills and improve your relationship with it. With patience and consistency, you can train your horse to be a well-behaved and responsive partner.



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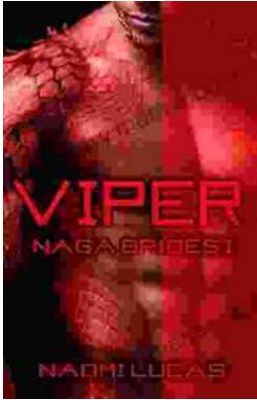
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