

What do you feel needs to be strengthened in order to achieve your goal for next season?

#	Responses	Date
1	Removing the I can't from my head and regular practice!	5/16/2015 7:24 PM
2	Everything! Forwardness, my balance, my knowledge, his muscle....the list goes on	5/16/2015 11:26 AM
3	Hours in the saddle, practice, lessons. Competition.	5/16/2015 11:07 AM
4	My position and balance mostly	5/15/2015 7:30 PM
5	How I ride the turns and set her up for the fences	5/15/2015 7:21 PM
6	more regular coaching (which has now been achieved - mum was slack on the bookings). reminders of technique (diagonals etc) to avoid mistakes in the ring.	5/15/2015 12:02 PM
7	More schooling/lessons in an actual dressage area (at the moment only really do this at competition)	5/14/2015 11:58 PM
8	My position and strength and aids as well as keep schooling my pony	5/14/2015 8:06 PM
9	SH: to achieve higher and more consistent percentages SJ: to improve my technique and not rely on the pony as much	5/14/2015 8:06 PM
10	My confidence	5/14/2015 7:57 PM
11	Consistent acceptance of the contact, better transitions, softer and more flexible way of going	5/14/2015 7:52 PM
12	Improve position and control.	5/14/2015 7:49 PM
13	Sophie needs consistant mileage with jumping.	5/14/2015 7:44 PM
14	My confidence and experience in myself and my horse. Relax, time in the saddle practicing the right things In the right situation.	5/12/2015 9:47 PM
15	A multitude of things that are being worked upon during my weekly lessons.	5/12/2015 9:42 PM
16	My striding to the jump	5/12/2015 9:07 PM
17	securing my seat over jumps	5/12/2015 7:36 PM
18	I need to focus on correct training and building solid foundations, so that I can have a clear understanding of each movement. ALWAYS stay open to learning new thinks.	5/12/2015 5:23 PM
19	Confidence in my own ability, fitness of us both, competition mileage.	5/12/2015 5:07 PM
20	Lots of positive reinforcement. Telling me what am doing right/correctly so i dont focus on what i am doing wrong/not so well. Telling me that i am ready to ride at the next level so i feel safe pushing myself.	5/12/2015 2:32 PM
21	maintaining a solid leg position - heels down - keeping calm and steady hands coming into the fence and working on sitting back quickly so i'm in a position to control the approach to the next jump earlier than i have been	5/12/2015 2:10 PM
22	My horse trusting me as a leader.	5/12/2015 12:16 PM
23	Developing good habits with my aids, strengthen my position to become clearer with aids, becoming a more sensitive rider. Also develop my observational skills.	5/12/2015 11:21 AM
24	Having a positive mind.	5/12/2015 10:11 AM