

# Tips and Tricks for Hacking 2.0

HERE ARE 5 WAYS TO IMPROVE YOUR HACKING  
(BOLSHY HORSES!)

## 1. BASICS



Wear high vis, and L plates if you'd like.  
Breathe.  
Make sure you have the right length stirrups, for yourself.  
Have your weight in the middle of the horse, at all times.  
Have your leg on, remind her/him who is the leader.  
Keep a contact with your reins at all times.  
Relax.

## 2. A SPOOKER

Try and anticipate when the spook might come along, remain aware.  
Keep him looking the other way to what he is spooking at, and ask him to move into the direction of it, using your legs.  
Remind him who is boss.  
Keep your shoulders looking forward to keep your direction saying 'forwards only!'



## 3. A STRONG ONE



Make sure you have brakes before you go hacking. Try the horse in the arena first.  
Are they strong because you're pulling? If your balance is in the right place, your elbows should be bent at a 90 degree and your wrists flexible. Your hands should have a firm grip on the reins.  
Make sure you have variety in the hack, try to not trot/canter at the same places.

## 4. A NAPPER

If they nap from the gate, get on outside the gate; or get on half way around the hack and gradually get on earlier. You could trot through the gate, this way they don't have time to think about it.  
Hold a stick, and remind them that they are to go forwards - with your shoulders going forwards.  
Breathe.



## 5. A JOGGER



A jogger is usually tense and excited. Keep your weight central, and your body relaxed (as much as you can!). Keep your horse at the front, and make sure that you determine the speed.  
If you need to stop to have a breather/relax again, do.  
Make sure that you are in control!

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