Jolly Ball Catch!

Materials: Jolly Ball suspended from a rope
Make the rope adjustable for height of horse or rider

Instructions:
• The client can be positioned in either a forward facing (or reverse) seated position.
• The client can push the ball in a forward facing or rotated position, hold, and catch the ball without moving from this position.

Benefits:
• Core trunk strength, Trunk rotation
• Hip extension
• Bilateral shoulder and hip joint stability
• Balance
• Eye/Hand coordination

Suspended Ball Push!

Materials:
• Baton: 1” PVC pipe at 3-4’ long with tennis balls on each end
• Jolly Ball suspended from an adjustable rope

Instructions:
• Position client in forward straddle sit.
• Hold a baton at chest level with bilateral upper extremities at 90 degrees of shoulder flexion.
• Instruct the horse leader to align horse to walk directly under hanging ball.
• As horse approaches the ball, instruct the client to raise the baton to meet the ball and continue moving the ball up and over client head as the horse walks forward.
• Goal is for the client to keep both arms symmetrical and push the ball straight over their head with the baton.

Benefits:
• Core/Trunk strength
• Visual input, Proprioceptive (refers to the body's ability to sense movement) input
• Balance/Coordination
Horse Baseball

Materials:
- Jolly Ball suspended on adjustable rope
- Small or large baton, sword, pool noodle

Instructions:
- Have client sit forward facing in a straddle position while holding baton at 90 degrees of shoulder flexion.
- Instruct the horse leader to lead the horse directly under the suspended ball.
- As you pass under the ball, have the client lift his bat, hit the ball and score a “home run”!

Benefits:
- Bilateral upper extremity strengthening
- Eye/Hand and Balance coordination
- Core trunk stabilization

Let’s Go Fishing!

Materials:
- Fishing Pole
- Colored fish, magnet

Instructions:
- The client sits seated astride holding the fishing pole on the left side, out towards the arena (the pond). The instructor then frequently pulls on the noodle (as if the fish is biting the line) and then pulls with increased resistance. The client is required to reel in the line (pull the fish out of the pond). Continue the game switching sides to incorporate right and left side.

Modifications:
- Provide pressure on the line to facilitate more adaptations on the part of the client, creating pressure.
- Position the client to facilitate a variety of movements (i.e., side to side, rotation, or forward flexion).

Benefits:
- Midline orientation
- Trunk balance, trunk strength
Jousting!

Materials:
- Rings
- Pool noodle, foam sword, or baton

Instructions:
- Seated astride the client is given a “sword”, to hold on one side of their body aiming at a ring-target. As the horse moves in toward the target, the client tries to maneuver their sword to go through the middle of the target.

Modifications:
- Have the side walker hold the target with two feet of the client at a walk or halt.
- Hold the rings at different heights, in front of, behind, crossing midline.
- Use different size rings.
- Arena assistant or extra volunteers, position more than one person in a row holding rings or stager volunteers to incorporate right side, left side and switching hands.

Benefits:
- Eye/Hand coordination
- Upper extremity endurance
- Team building, social skills
Sensory Box, Matching Box

Materials:
- Covered Box or butterfly net
- Sensory materials i.e., balls (of all shapes, sizes), materials (fuzzy, flannel, rough, smooth, sand paper, etc.)
- Grooming materials
- Picture cards of sensory materials or grooming materials

Instructions:
- Have client sit forward facing in straddle sit position while having instructor or volunteer assistant hold box.
- Have client pick a picture card and identify picture.
- Have client reach into covered box to find item that matches picture.

Modifications:
- Have client ride from one end of the arena to the other through obstacle course.
- Pick a card and ride back to Sensory box.
- Have items in net and have client find pictured item.

Benefits:
- Expressive language, picture and object identification.
- Fine motor, tactile processing, grasping.
- Social skills