

## **TIMING**

Learning to watch other team members and make sure you are all at the desired place at the correct time takes a lot of practice. Interchanges, also called crosses, are a great tool to get everyone looking at each other. When starting to learn common maneuvers make sure everyone learns the maneuvers' name and the distance required to perform them safely. Start with an interchange or cross; divide the team in half with each half at one corner of the same end of the arena. Pre-determine which side is going to cross first, if using an American flag the American flag always goes first. Have both lines start towards the center-point of the arena, the lead rider on one side should cross first with the lead rider from the other side crossing smoothly behind without adjusting their speed or their line of travel, both riders continue to opposite corners. You may then have them hit the end of the arena turn in towards each other pass and repeat from the opposite corners. Slowly increase pace then unit size. Timing in drill is critical to performing your drill safely. Most accidents occur because someone's timing is off. So practice both your vertical and horizontal spacing and alignment and work on your team's timing every time your team meets. Like every sport out there, a good solid foundation in the basics can make all the difference.