



# Long Lining

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If you are long lining a horse, you are on the ground, connected to your horse by 2 long lines, similar to those used in lunging.

A whip can be used to keep the horse out and moving forward.



## Why Long Line a Horse?

- Long-lining is an extremely powerful tool. Often referred to as ground-driving or “riding from the ground”, it bridges the gap between foundational groundwork and riding. It’s also invaluable for helping your horse reach his full potential in a safe and effective manner. By incorporating this practice into your horse’s training, you can gain a better feel and connection with them. It can also:
  - Teach your horse (and probably yourself) the significance of positioning and intricate movements and value of subtle aides.
  - Develop, strengthen and clarify the *communication* between you and your horse.
  - Bridge the gap between your non-verbal conversation (*body language* and physical cues) and your communication in the saddle.
  - Create a confident, well-rounded, balanced horse (both physically and mentally).
  - Safely introduce your horse to cues from the halter or bit (if you choose to use one).

# Long Lining a Horse Without a Rider

- Long lining enables your horse to engage and strengthen their back and abdominal muscles without the weight of the rider, creating a stronger and better balanced horse.
- It also provides the rider with another means of communication, and teaches us to be more sensitive riders.



# *Items Needed for Long Lining*

Surcingle



Halter



Bridle

2 Long Lines



Helmet



Gloves



Lunge  
Whip

# *Optional Items for Long Lining*

## Boots



## Polo Wraps



One of the most important things to learn is how to prepare the long lines to hold them properly while long lining. **Never** wrap the lines around your hand or arm. Hold it just like the graphic. Gloves are also recommended.



# Attaching Equipment



- First attach surcingle, not as tight as a saddle, but secure enough it doesn't slide.
- Next the bridle, remove the reins.
- At this point, move your horse to the arena or area you will be working with a lead rope attached to the bridle.
- The long lines should be prepared and not rolled or knotted (butterflied separately).
- The clip end of the long line (near or left side first) should go through the surcingle and connect to the bit.
- Repeat on off/right side.



Here is a horse all ready to be long lined with a lunging halter, long lines and lunging surcingle.



# Riding From the Ground

- The “ rider” should maintain a proper riding position while long lining.
  - Eyes up and ahead, shoulders back, elbows relaxed and following.
- Hands should remain light and connected.
- Horse should go forward before you give them direction.



# On the Straight Track

Different than lunging, long lining allows you to start behind the horse, in a forward and straight manner. This position often feels vulnerable to humans, but is beneficial in allowing the horse to relax and move evenly.



When long lining on a turning track, you teach the horse to give to the inside rein, and connect into the outside of their body. This creates balance, lightness and the horse triangle you also used in lunging.



# Get Creative

- Set up poles.
- Work outside on the trails.
- Circles, serpentines, lots of changes of direction.
- Great for advanced dressage movement practice.

*Changing up your exercise routine not only keeps your horse physically fit but also helps stimulate them mentally.*