



Pony Club Intro to Polocrosse Activity Book

The Intro to Polocrosse badge covers the basics of Polocrosse. To get the badge you might be asked about:

1. Explain the correct tack for pony and rider.
2. Be able to explain the layout of the field.
3. What is the function of the three positions of play.
4. How does the game start.
5. Show the correct grip of the stick.
6. Be able to throw, catch and pick up a ball on foot.
7. Understand the goal scoring areas.
8. Be able to correctly bandage the pony's legs.

This activity book is to help you get ready for your Intro to Polocrosse badge



1. Explain the correct tack for pony and rider.

Try this word search and see if you can find the item in the rules – what do the rules say about them?

Polocrosse

S W T E K M S L U D B S Y M S
T L A C M T T M F R R S A Z P
O Q A S I E O A E U R R K J A
O R V R X B C E P A T R S S H
B Z R G O E C S Z I S E P R C
B U W U G H C M N H Y I J E F
P V G U E G I G C I P N E B L
T T A S A Z A N S H B S W M A
D R W G X L E L D I R B E U H
D O D C E S K U V H W A L N X
U B A N D A G E S A A S L N A
S A D D L E T O R N H C E J O
E C R W U Y K I F M T I R U N
Z R X V H Q S S B U A A Y O X
H C A E R R E V O N P G H E B

- BANDAGES
- BIT
- BOOTS
- BREECHES
- BRIDLE
- FACEGUARD
- HALFCHAPS
- HAT
- JEWELLERY
- MARTINGALE
- NUMBERS
- NUMNAH
- OVERREACH
- REINS
- SADDLE
- SPURS
- STIRRUP

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2. Be able to explain the layout of the field.



The field ism long xm wide.

The goal posts arem apart.

27.5m from each end is theline which encloses the scoring area.

In front of the goal is a semi circlem in radius.

3. What is the function of the three positions of play.



Pick the correct position described below, from this list:

Attack Pivot Defence

1. – the only player who can score a goal and who can play in the goal scoring area for their section.

2. Usually the – may only play in the centre area between the two penalty lines.

3. – plays in the centre area and the goal area that they are defending.

4. How does the game start?



The game commences in centre field. The players line up in pairs side by side and one behind the other, each team standing closest to the goal it is defending. The No. 1's are in front, then the No. 2's and the No. 3's at the back. The umpire throws the ball in overarm from the side line, high between the players.

5. Show the correct grip of the stick.



Here is a video on how to hold the racquet:

<https://www.youtube.com/watch?v=fq43CP5Ffxs>

6. Be able to throw, catch and pick up a ball on foot.

You will be helped with this at the rally



7. Understand the goal scoring areas.



8. Be able to correctly bandage the pony's legs.

You will have a chance to do this at the rally



Good luck and have fun!!

**Based on the Pony Club 2018 Polocrosse Rules
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