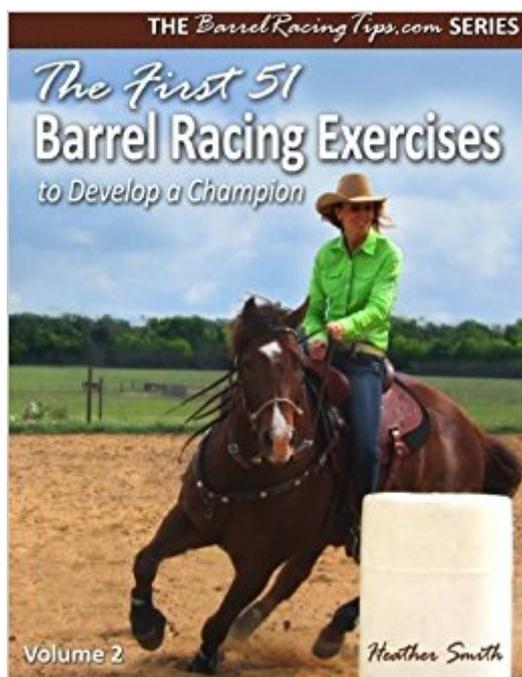


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# The First 51 Barrel Racing Exercises To Develop A Champion (Volume 2)



## Synopsis

Author Heather Smith has gone above and beyond to share 51 game-changing barrel racing exercises in Volume II of the BarrelRacingTips.com series. With each barrel racing drill, she's provided descriptions for when and why they are appropriate, as well as how to implement each exercise for best results. The First 51 Barrel Racing Exercises to Develop a Champion provides tools for creating greater awareness and advancing skills to empower barrel racers to dissolve obstacles standing in the way of barrel racing success, with chapters addressing rider development, advanced groundwork, quality movement, problem solving, the mental game (for both horse and rider), and much more. Guidelines are offered for barrel horse training, as well as barrel racing tips for building strength and coordination - necessary for expressing athleticism and speed on the barrel pattern. What sets this one-of-a-kind resource apart even further is that it provides specific techniques for developing mental engagement in barrel horses, resulting in greater understanding, responsiveness and communication. Within many of the barrel racing drills featured are actually several barrel racing exercises described with possibilities for variation and expansion for customizing to meet the individual needs of each horse and rider as they advance. Truly unique and valuable in that it addresses the mental, physical and emotional aspects of training the barrel horse (and barrel racer), The First 51 Barrel Racing Exercises to Develop a Champion will become your #1 resource for learning and continuing to do the simple things with excellence, which is the foundational element necessary for high-level success in every equestrian discipline. **REVIEWS**

"Your book gives the real information that we are all looking for. It is easy to understand and it is those little tips for barrel racing that the professionals do not tell. I never realized what "get more with less" really meant until you explained it clearly. You are really helping horses with people problems more than you can imagine." - Pat B. "I've been having trouble with my mare at increased speed... When I got to the section talking about dropping your stirrups, I thought 'hmmm...maybe I should try that!' Your book has helped me and my mare so much! ...our turns are even more 'snappy.' Thank you for offering your time to all of us who dream of making that perfect run!!" - Lisa P. "Finally, finally there is a top-notch guide for BOTH horse & rider! Any equestrian knows that we don't just "sit there," but the coordination to work with our 1,200 lb. teammate make us true athletes. This book is well laid out and easy to use. HIGHLY recommend to any barrel racer wanting to up their game and get the best from yourself and your horse." - Marsha H.

## Book Information

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## Customer Reviews

Heather Smith is a Texas barrel racer with a passion for horsemanship and personal development. Through her own journey to achieving barrel racing success, she became inspired to help others do the same. Heather continues to compete and share her insights at [BarrelRacingTips.com](http://BarrelRacingTips.com).

Interested in barrel racing? Interested in better communication between horse and rider? Do you ride gymkhana and want to be better in every facet? This book is for you. I bought this book for my wife but the reward of watching her progress has been all mine. The exercises for both horse and rider are well documented. Success criteria are clearly documented and clean progression to more precise riding are achievable through consistent practice. Following the book's instructions allows a deterministic approach to barrel racing and understanding where to tune your riding and your horse. I also see improvement in event riding by earlier recognition of problems for easier resolution. Buy this book.

Finally, finally there is a top-notch guide to fitness for BOTH horse & rider! Any equestrian knows that we don't just "sit there", but the muscles and coordination to work with our 1200-lb teammate make us true athletes. This book is well laid out and easy to use. HIGHLY recommend to any rider wanting to up their game and get the best from yourself and your horse.

Really really good work out plans. Keeps things fresh even for my 21 year old barrel horse. I have even copied the plans and put them in plastic sleeves and hung them up in the arena to ref them.

Excellent and in-depth book for barrel racers! Get your note cards out and take notes as you read. We took notes, had them laminated and are implementing the various exercises into our workout. This book has pretty much all you need in one place.

Heather has done it again great book tons of information and presented in an easy to understand manner! Every barrel racer needs this book Every horse owner can gain from this book

I am loving the information I'm learning from this book. Very well written, easy to understand, very descriptive instructions.

Excellent detailed book I was immediately able to put into practice the tips and improve my barrel racing a lot! Would definitely recommend!

This was a book I had been wanting to buy for a while. Happy with the purchase.

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