

Build Confidence

Does your horse spook when you or anyone else moves quickly around him?

Does your horse spook when you or anyone else moves quickly around him? You can build his confidence by working with him for 10 minutes a day.

Put a halter on your horse with a 12-foot leadline and practice skipping. Yep, skip. If your horse is very spooky, start by skipping away from your horse as you lead him — horses are more confident when they're following something, rather than when something is approaching them. When your horse seems confident with this new way of walking, skip toward him. If he reacts, keep skipping until he lets you approach and touch him, then stop immediately to let him know that relaxing is what you want him to do. If your horse is very sensitive, start outside his stall. If your horse isn't bothered by your skipping, try jumping jacks. Having a less spooky horse is going to build your confidence, too.

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