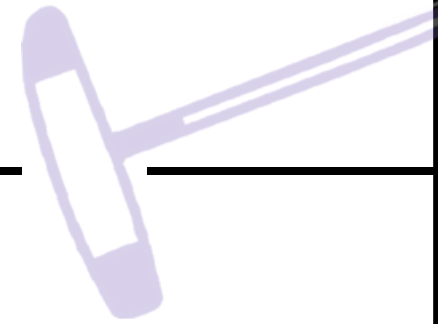


POLO INDUCTION PROGRAMME



ABOUT THE EXPERIENCE



Discover the thrill of mastering polo with an unforgettable week-long programme. With over a decade of expertise, we offer a tailored course that serves as the perfect formula, enabling newcomers to fast-track their polo skills within a week, all in a safe and supportive environment. Our approach ensures a swift entry into the world of polo, guiding you on a journey toward a deep passion for the sport and proficiency as a player.

What to expect during the week?

A group of enthusiastic individuals eager to explore new horizons and embrace the rich tapestry of the 'sport of kings' and its exceptional way of life. Engage wholeheartedly, push your limits, and enjoy professional training while connecting with like-minded enthusiasts in Sotogrande, the polo Mecca of Europe.

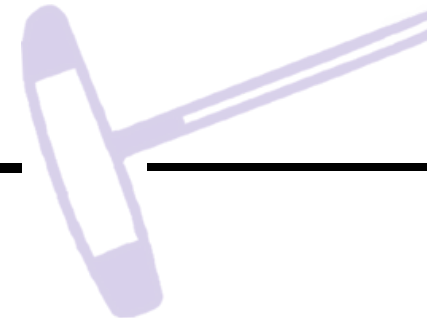
Duration: 1 week. From Saturday to Saturday,

Includes:

- Four hours of daily saddle time.
- Ten hours of workshops led by our seasoned professionals.
- Yoga sessions and tailored physiotherapy.
- Your first official polo match, followed by a prizegiving celebration with an authentic Argentinian asado by the lake.
- A welcome pack upon arrival and memorabilia upon departure.
- Official handicap provided after the programme.

Level: Tailored for adult beginners and novices, this programme requires no prior riding experience.

THE ITINERARY



Sat

Arrival

Afternoon

- Arrival Meet & Greet
 - Introduction to the course
 - 2-hour polo experience
-

Sun

Polo Introduction

Morning

- 1 hour yoga
- 1 hour riding
- 1 hour wooden horse drills

Afternoon

- 1 hour rules & tactics
 - 1 hour polo lesson
-

Mon

Riding & Polo Lesson

Morning

- 1 hour of fitness for polo
- 1 hour riding
- 1 hour polo lesson

Afternoon

- 1 hour wooden horse drills
 - Instructional polo match
-

Tue

Yoga & Swing analysis

Morning

- 1 hour yoga session
- 1 hour polo lesson
- Riding no stirrups

Afternoon

- 30 min foot mallet drills
 - 1,5 hour backhand practice
 - Asado in the barn
-

Wed

Rest & Recovery

Day-off: Rest & Recovery. Enjoy optional activities within Sotogrande, from spa day pass at the 5-star hotel SO/ Sotogrande to mini moke drive adventure through the Andalusian white villages.

Thu

Defence & Attack

Morning

- 1 hour defence drills
- 1 hour attack drills

Afternoon

- 1 hour match brief
 - Instructional polo match
-

Frid

Mastering the Ride-off

Morning

- 1 hour yoga
- 1 hour mastering the ride-off, 30 min riding no stirrups

Afternoon

- 30 min foot mallet drills
 - 1,5 hour polo lesson - ball control
-

Sat

The Polo Match

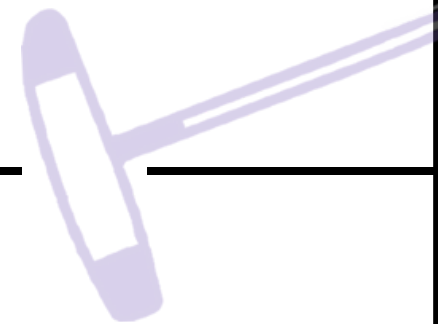
Morning

- 1 hour polo lesson

Afternoon

- The polo match
- Prize giving & asado by the lake

FURTHER INFORMATION



PROGRAMME HIGHLIGHTS

- The only polo programme that combines professional polo instruction, fun, camaraderie, state-of-the-art facilities, and a safe environment.
- Includes a personalized welcome pack and front desk services for trip organization and extra activities during your stay in Sotogrande.
- No prior riding experience required.

DATES & PRICES

April 13th to 20th: 7.500 € +VAT

May 18th to 25th: 8.250 € + VAT

June 8th to 15th: 9.000 € + VAT

August 10th to 17th: 12.000 € +VAT

Accommodation at Polo Valley & meals: €350 +VAT per person for single occupancy.

[SEE OUR GUESTHOUSE BROCHURE](#)

Limited Spaces

TESTIMONIAL

“There wasn’t a day where I got off my horses feeling like I’d done nothing productive or hadn’t learnt anything new – because there wasn’t a day where we weren’t being pushed or encouraged to get out of our comfort zones, it was a brilliantly hands-on approach with so much information being thrown at us in such a short span of time. I’m so grateful for the experience, for the chance to grow as a player and as a person, this is a trip of a lifetime”.
Alessia Riediker,

[WATCH THE VIDEO](#)

LOOKING FOWARD TO HAVING YOU WITH US



For further information or to enquire, please contact

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[WEBSITE](#)

[FACEBOOK](#)

[INSTAGRAM](#)

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