

# POLO RETREAT IN ARGENTINA

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## DON HUBERTO POLO CLUB

**Objective:** To immerse international players in the rich tradition of Argentine polo, establishing a robust foundation in riding, mallet techniques, and the rules and etiquette that govern this revered sport.

# Level 1 Programme

## Day 1: Immersion in Argentine Polo Culture

**Introduction to Polo:** Delve into polo's rich history, its profound significance in Argentina, and its global allure.

**Polo Equipment:** Familiarize students with essential polo gear - mallets, balls, saddles, and helmets, emphasizing Argentine craftsmanship.

**Horsemanship:** Introduction to the Argentine way of horse care, grooming essentials, and the art of mounting and dismounting.

**Basics of Riding:** Grasp the fundamental posture and initial riding techniques indispensable to polo.

## Day 2: Mastering the Basics

**Polo Riding Techniques:** Develop foundational polo-specific riding skills, emphasizing one-hand horse control, stopping, and precision turning. Mallet Mastery: Initiation into the art of mallet holding and the Argentine style of swinging techniques.

**Ball Dynamics:** Ground exercises focusing on ball striking and building accuracy.

## Day 3: Rules, Etiquette, and Gameplay Structure

**Polo Rules and Etiquette:** Understand the spirit and letter of polo rules, covering fouls, penalties, and the essence of fair play.

**Integrated Drills:** Meld riding prowess with mallet technique, honing the ability to guide the ball in motion.

**Decoding Chukkers:** Introduction to the structure of a polo match, emphasizing the significance of chukkers and their rhythm.



# Level 1 Programme - Continued

## Day 4: Simulation and Strategy

- Chukker Experience: Engage in a simulated mini-chukker, allowing students to internalize the flow and fervor of a real polo match.
- Defensive Fundamentals: Introduction to key defensive stances, positioning, and strategies vital to polo.
- Team Dynamics: A deep dive into the essence of teamwork on the polo field, emphasizing clear communication and strategic collaboration.

## Day 5: Integration and Reflection

- Culmination Chukker: Organize a spirited polo match, enabling students to showcase and integrate their acquired skills.
- Reflective Feedback: A one-on-one session to assess each student's journey, offering insights and recommendations.

Graduation: Award certificates to students who have triumphed over Level 1's challenges.

# Level 2 Programme

**Objective:** To immerse students deeper into the world of polo, refining advanced riding techniques, ingraining Argentine polo strategies, and setting the stage for competitive gameplay.

## Day 1: Mastery in Movement

- **Argentine Riding Techniques:** Harness advanced riding nuances, from the art of riding offside to mastering neck reining and the dynamics of riding at full throttle.
- **Long-Range Precision:** Delve deep into hitting the ball with accuracy over extended distances, a hallmark of Argentine polo.
- **Art of Ride-offs:** Immerse in the Argentine approach to ride-offs, perfecting maneuvers to outwit opponents and command ball possession.

## Day 2: Strategy and Defense

- **Polo Game Plan:** Decode the roles and responsibilities of various positions, integrating them into cohesive team strategies inspired by Argentine maestros.
- **Defensive Mastery:** Sharpen defensive riding techniques, exploring the finesse of hooking, bumping, and more.
- **Stick and Ball Session:** Engage in individualized stick and ball drills, emphasizing control and precision akin to Argentine greats.

## Day 3: Coordination and Understanding the Field

- **Team Synergy Drills:** Engage in mounted exercises designed to amplify team coordination and on-field communication, inspired by Argentine team dynamics.
- **Strategic Chukkers:** Dive into chukkers, with a spotlight on the strategies and techniques that make Argentine polo iconic.
- **Handicap Essentials:** Introduce the intricacies of polo handicaps, with insights into its significance and impact on match dynamics.



# Level 2 Programme - Continued

## Day 4: Tactical Insights

- Advanced Stick and Ball: Indulge in intensive practice sessions to refine skills, echoing the rigorous training regimes of Argentine professionals.
- Scenario Strategy: Analyze real-life gameplay situations, brainstorming and applying diverse strategies to navigate challenges.
- Tournament 101: Explore the diverse formats and regulations governing polo tournaments, with anecdotes from Argentine polo championships.

## Day 5: Experience and Reflection

- Tournament Immersion: Curate a mini-tournament, allowing students to apply (if applicable) and experience the competitive spirit of polo.
- Constructive Review: Engage in a detailed feedback session, evaluating each student's progression, backed by insights from Argentine polo benchmarks.

Graduation Ceremony: Award certificates to students who have completed Level 2.

# Level 3 Programme

**Objective:** Dive deep into the pinnacle of polo techniques, cultivate Argentine team synergy, and gear students for elite competitive challenges.

## Day 1: Mastery in Advanced Riding

- Argentine Riding Excellence: Conquer intricate riding maneuvers like the neck shots and mastering offside plays at exhilarating speeds, reminiscent of Argentine polo legends.
- Elite Drills Session: Engage in demanding drills, crafted to boost precision and ball control, even when under immense pressure.
- Art of Team Talk: Elevate on-field dialogue and synchronization among team members, drawing inspiration from Argentina's finest polo squads.

## Day 2: Tactical Superiority

- Deep Dive into Tactics: Examine and strategize against a diverse range of opponents, incorporating insights from historic Argentine matches and playing conditions.
- Role-Defined Excellence: Delve into drills tailored for specific positions, ensuring students excel in their designated roles on the field.
- Handicap Mastery: Demystify the nuanced world of high-goal polo handicaps, understanding the complexities through an Argentine lens.

# Level 3 Programme - Continued

## Day 3: Tournament Readiness

- **Championship Preparedness:** Gear up, both mentally and physically, for high-stake tournaments, emulating the prep routines of Argentine champions.
- **Intensive Stick and Ball Mastery:** Indulge in rigorous practice sessions to sharpen reflexes and striking accuracy.
- **Athlete's Wellbeing:** Engage in a holistic discussion on optimal fitness regimes and nutrition plans tailored for polo players, inspired by Argentine polo athletes.

## Day 4: The Psychological Edge

- **Chukkers at Peak Level:** Play chukkers of the highest standard, applying the tactics and strategies honed over the course.
- **Unified Defense:** Emphasize a harmonized team defense, drawing strategies to counteract formidable opponents, much like Argentina's iconic defensive plays.
- **Mind Over Game:** Dive into mental conditioning exercises, focusing on resilience and concentration during high-tension matches.

## Day 5: Grand Finale

- **Elite Tournament Showcase:** Curate a high-stake tournament simulation, offering students a taste of top-tier competitive polo.
- **Reflective Evaluation:** Conduct an in-depth review of each student's journey, juxtaposing their progress against the benchmarks set by Argentine polo maestros.

Graduation Gala: Celebrate the completion with a grand ceremony, bestowing students with certificates that resonate with the prestige of Argentine polo



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*Terms and conditions apply*

