The best way to start learning to strike is from the back of a wooden horse on a polo-pit.

In its simplest form it consists of a pit dug in the ground, with a flat centre on which is placed a wooden horse carrying a saddle.

This drawing shows a complete pit, equipped with a roof for the hot sun or wet days, and a covered light for night practice.

The dimensions are approximate, and the building should follow local codes in design.

The pit consists of a wooden framework, round which a wire netting or shade-cloth is stretched on all four sides.

It supports the corrugated or shade cloth roof. Inside the structure, the netting slopes downwards to a flat, central platform, on which the wooden horse stands. There is a door in the side, slightly hooked and too high to reach.

The netting is sloped inwards and then out again, at each end, in order to prevent the ball from climbing the netting when it is hit hard, and there is a similar projection of netting along each side for the same reason.

The front of the netting that slopes upwards at the ends should be of double thickness, to withstand hard driven shots, and extra sacking can be hung for big hitters, to break the force of the ball.

When the ball is hit, it travels up the slope, it is stopped by the net, and rolls down again towards the striker, giving him practice, while mounted on a stationary horse, while hitting a moving ball.

The frame can be made of wood preferably, covered with shade cloth or netting. Artificial turf can be used on the plywood floor to add authenticity.

Good luck!