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| **Date**: 29/06/2022 | **Participant(s):** 3 | **Equine(s):** 3 | **Equipment/resources:** 6 cones | **First Aider**: Liz Jones |
| **Session Goal/s:** Ride 20m centre circle working towards independent riding in prep for Grade 3 test |
| **Own Goals:** Use Set up & Stand back coaching style. Ask open questions and check for understanding.  |
| **Time** | **Task/exercise** | **Coaching points/focus/styles** |
|  10 mins | **Warm Up:** Brief Helpers.Warm up ponies and tack checks.Greet riders and get information from parents about condition changes etc.Introductions and mounting.Warm up walk for riders with exercise choice from riders to check on engagement with the lesson.Walk the 20m circle line whilst being led with volunteers giving information about the shape and line of the circle.  | Check horses are sound and safe. Check volunteers understand the shape and line of the circle. Check for engagement and usual behaviour of riders. Coaching style: mix of “Show & Tell” and “participant choice”Check for understanding  |
| 15 mins | **Main content:** 4 cones exercise for stop and start practiseWork towards independent ridingUse volunteers and co-coach to get riders off the lead rein – throw & catchRide 20m circle independently with volunteers at each compass point of the circle – throw & catch | Move from Level 1 leading to Level 3 and independent workCoaching style: “Set up and Stand back” on 4 cone. Mix of “Show & Tell” and “Set up & Stand back”Check for confidence and understanding. |
| 5 mins | **Cool-down:**Feet out of stirrups for cool down walk“What did you discover” question for feedback  | Encourage the riders to reflect on the session and take away a positive outcome that is relevant to themselves.Coaching style: Question & Empower |
| **Evaluation and reflection of session and action for next session:** **Individual goals:** Lilly – practise mount on simulator to regain confidence and position correction as this improved during the session and she is starting to self-correct (seen on the circle). Emily – keep working on independent riding as her confidence is growing. Elsie – further develop her confidence with independent riding. Advice from Mum is to ignore the “I can’t” as that is usual first reaction to any request. Try her on Rio for independent work? **Long term Group goals:** Grade 3 test by the end of the summer. Continue to develop the trot work using simulator and working towards independent trot work by the end of the summer with all. **Self-reflection:** I felt I achieved the session goal at a level that each rider could achieve. The volunteers all worked well for me moving from one level of leading and interaction to a more complicated level which proves the volunteer training is working well. Having Liz co-coaching helped me keep an overall view of the session. I find using open questions is much more natural now and I take a moment to make sure I’m framing the question correctly. I will be able to Question and Empower style as the skill level of the riders improves and they have more resources of their own to draw on. Once the school holidays begin, I’ll start to get them riding more independently earleir in the session as they will arrive more refreshed. I’ll change the warmup plan so they can include their initial engagement exercises in the warmup walk to allow more time in the session for independent work.  |