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| **Date**: | **Participant(s):** 1 | **Equine(s):** 1 | **Equipment/resources:** 2Poles, 4 cones | |
| **Session Goal/s: Improve centre line turns and halts. Work towards independent riding** | | | | |
| **Time** | **Task/exercise** | | | **Coaching points/focus/styles** |
| 10 mins | **Warm Up:**   * Leader to warm up horse in walk and trot * Introduce rider to horse, tack checks and mount * Work in by giving the rider/leader a checklist, can you:   a) Walk round the edge of the school  b) Stop and start at places of your choosing  c) Turn your horse across the school  d) Ride a circle | | | Set out arena with 10m circle and two poles on E-B line (half school line)  Coaching styles: Democratic (sharing) style – allow choice of exercise and changes of direction. Assess rider skills and horse suitability.  H & S: Check rider’s and pony’s  reaction to audience  Leader skills: second/ third stage of leading |
| 15 mins | **Main content:**   * Set out poles to mark X on c-line with cones for turning onto and off c-line (D & G) * Discuss aims of session and check for prior learning and understanding * Use volunteers in A,B,C,E for rider to ride towards - riding independently * Halts on track with rider aiming to be level with letter (A,B,C,E) * Gears in walk and working out preparation time needed * Turns onto and off the centre line (half 10m circles). Changes of direction. * Halting towards mirrors to check straightness. * Turns onto centre line to incorporate halt at X * Progress to trot work if suitable. | | | Coaching styles: Telling and selling  Leader skills: second and third stage of leading  Progression: independent riding  End task coaching style: democratic/allowing  Check for understanding and feedback from rider during exercise. Assess and correct position faults throughout all exercises |
| 5 mins | **Cool-down:**   * Walk their horse round on a long rein (with volunteer that had been leading them walking alongside them) allowing them to stretch. * Rider to think of one thing they enjoyed or discovered whilst walking round. Allow thinking time. Ask for feedback * Set goal for next session with input from rider | | | Coach: Feedback from riders  Leader skills: third stage |
| **Evaluation of session and action for next session:** | | | | |