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| **Date**: Date of session | | **Participant(s):** Number of rides within the session | **Equine(s):** Number of horses | **Equipment/resources:** Equipment need for the session. E.g. cones, bending poles, bean bags | |
| **Session Goal/s:** Explain in here what the aim of the session is; e.g. riders to ride independently, learn the basics for the rising trot, learn how to hold the reins correctly, know how to change the rein. | | | | | |
| **Time** | **Task/exercise** | | | | **Coaching points/focus/styles** |
| Time allowed for a warm up | **Warm Up:**   * Use bullet points to explain how you would warm your riders up including different exercises you would carry out * The warm up needs to support the main content of the lesson | | | | * Explain what you would be looking for from the riders during the warm up * Think about what health and safety check you would carry out during the warm up |
| Time allowed for the main content of the session | **Main content:**   * Describe what you have planned for the main content of the session * Include different games and activities you hope to achieve during the session * What will you be looking for your riders to achieve | | | | * Describe what coaching style(s) you hope to use during the session * Describe how progression may be shown |
| Time allowed for cool down | **Cool-down:**   * Using bullet points explain how you would cool your riders down * This is also a really good opportunity to gain feedback from the riders and evaluate the session. | | | | * Explain what you would be looking for from the riders during the cool down |
| **Evaluation of session and action for next session:**   * Using bullet points evaluate how you feel the session went as the Coach; what you liked about the session, if you were to run the session again what would change. * Ask for feedback from riders, volunteers and parents/carers. * When asking the riders; find out what they liked about the session, what they would like to do different and mostly importantly make sure they enjoyed the session. * Complete an action plan on the areas as a coach you can improve upon for the next session and also an action plan for the rider and write this is on the rider record form. | | | | | |