**Learning and Coaching theories**

These books were discussed in recent UK Coaching Conversations and relate to how learners learn. They are not specifically about coaching riding. These are likely to be of interest to coaches looking to delve deeper into some of the theories and research on learning.

[Principles of Instruction: Research-Based Strategies That All Teachers Should Know, by Barak Rosenshine; American Educator Vol. 36, No. 1, Spring 2012, AFT (teachertoolkit.co.uk)](https://www.teachertoolkit.co.uk/wp-content/uploads/2018/10/Principles-of-Insruction-Rosenshine.pdf)

[Cognitive Load Theory | SpringerLink](https://link.springer.com/book/10.1007/978-1-4419-8126-4)

[Sweller's Cognitive Load Theory in Action (In Action Series) : Oliver Lovell, Tom Sherrington, Oliver Caviglioli, Oliver Caviglioli: Amazon.co.uk: Books](https://www.amazon.co.uk/Swellers-Cognitive-Load-Theory-Action/dp/1913622231)

[Rosenshine's Principles in Action : Tom Sherrington: Amazon.co.uk: Books](https://www.amazon.co.uk/Rosenshines-Principles-Action-Tom-Sherrington/dp/1912906201/)

[How Learning Happens: Seminal Works in Educational Psychology and What They Mean in Practice : Kirschner, Paul, Carl Hendrick: Amazon.co.uk: Books](https://www.amazon.co.uk/How-Learning-Happens-Paul-Kirschner/dp/0367184575)

Also look out for the UK Coaching ‘Time to Learn’ monthly webinars [Time2Learn - UK Coaching](https://www.ukcoaching.org/courses/workshops/time-2-learn) Do take time to explore the rest of the [We're here for the COACH - UK Coaching](https://www.ukcoaching.org/) website. Most of it is free, but some areas require a subscription.