

## COACHING SESSION PLAN



<b>Date:</b>	<b>Participant(s):</b> 1-3	<b>Equine(s):</b>	<b>Equipment/resources:</b> A minimum of 4 pole and up to 6, short jump wings or blocks (to enable to lead over). 6 cones.
<b>Session Goal/s:</b> To complete a series of school movements over poles to assess the rider's/horse level, leading to working over a small course of poles on the ground for level 1.			
Time	Task/exercise	Coaching points/focus/styles	
10 mins	<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>• Start off in walk encouraging the horse to work forward into a light contact allowing the horse to warm up. All levels, if the riders are mounted and are capable of warming up.</li> <li>• If the horses are warmed up on the lead work the horses at the third stage of leading in walk and trot on both reins including circle work and work over single poles in walk and trot.</li> <li>• Stretching/relaxing exercises for both horse and rider to warm up.</li> <li>• Start transitions to walk, halt circle work</li> <li>• Work on light seat position on the flat</li> <li>• All warm up work completed on both reins, from circle work to straight lines off the outside track.</li> </ul> <p><b>Note: De-brief rider's performance of the warm up content. Discuss have the goals been met that were set by both the rider and the coach at the start of the session.</b></p>	<p>Check tack, risk assess arena, assess suitability of horse.</p> <p>Intro, discuss aims and objectives of the session.</p> <p>Ask the rider why it is important to include appropriate warm up exercises</p> <p>Ensure the rider is capable of a light seat in balance before attempting single poles and then a course.</p> <p>Coach to evaluate level or rider's effectiveness, confidence, balance and ability to ride in harmony with the horse. This baseline assessment will start to build a picture in the coach's mind of the level of the rider's ability.</p> <p>Highlight areas that require attention in this phase of the lesson and spend some time working to improve</p>	
20 mins	<p><b>Main content:</b></p> <ul style="list-style-type: none"> <li>• Evaluate the warm up stage and use exercises appropriate to the rider's needs. All levels</li> <li>• Use single poles placed around the arena, rider to ride over them in a light seat. Object of exercise to check effectiveness, ride over the middle of pole and balance of the rider.</li> <li>• Work on both reins</li> <li>• Course walk mounted. Ride over level 1 course</li> </ul>	<p>Ask the rider to explain to aids to for all gaits. Evaluate the riders position and effectiveness of applying the aids throughout the various movements and while jumping.</p> <p>Evaluate the quality of the jumping lines and the way the horse is going. Note how accurate this movement is ridden and ask the rider to describe</p>	

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	<p><b>Note: De-brief rider's performance of the main content. Discuss have the goals been met that were set by both the rider and the coach at the start of the main content</b></p>	<p>why it is important for this exercise to be ridden correctly.          Fitness levels must be observed at all times, both horse and rider.          Confidence of the rider continually assessed.          Highlight areas that require attention in this phase of the lesson and spend some time working to improve</p>
5 mins	<p><b>Cool-down:</b></p> <ul style="list-style-type: none"> <li>• Loosen girth if able</li> <li>• Keep the horse walking to allow him to cool down</li> <li>• Rider feet out of stirrups and stretching exercises if able and appropriate</li> </ul> <p><b>Note: De-brief rider's overall performance and set realistic targets relevant to improve the riders and horse's performance of the main content.</b></p>	<p>Ask the rider why it is important to include cool down exercises.          Give constructive feedback that allows the rider to give input on how they felt they rode each movement and analyse the horse's performance.           Discuss future actions for improvement.</p>
<p><b>Evaluation of session and action for next session:</b></p> <p>Ongoing analysis of the way the horse is performing, how the rider's position is effecting the horse's way of going and the coach critically analysing their performance. Do not push the rider above their level, look for signs of fatigue and loss of confidence or lack of understanding of what is asked of them. Priority at all times, only use exercises for both the horse and rider that are relevant and ensure the horse is physical fit enough to complete what is asked of it.</p> <p>Do not coach above your knowledge and experience. When using trotting poles, refer to the RDA Showjumping website page and be confident to make adjustments if necessary.</p>		