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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
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| 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
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| 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
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| **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.
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