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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’sreaction to audienceLeader 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 leadingProgression: independent ridingEnd task coaching style: democratic/allowingCheck 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:**  |