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| **Date**: 12/04/19 | **Participant(s):** 3 | **Equine(s):** 3 | **Equipment/resources: 4** Poles, cones, numbers |
| **Session Goal/s: Improve light seat, work towards independent riding over poles** |
| **Time** | **Task/exercise** | **Coaching points/focus/styles** |
|  10 mins | **Warm Up:** * Warm up ponies in walk, trot, walk over poles before riders mount
* Introduce riders to ponies, tack checks and mount
* Usual Balance exercises to check for reactions and participation
* Changes of direction
* Power walking from cone to cone
* Practise light seat for cone to cone
 | Coaching styles: Democratic (sharing) style – allow choice of exercise and changes of directionH & S: Check riders’ and ponies’reaction to audienceLeader skills: First stage of leading |
| 15 mins | **Main content:** * Work over single poles and cones to practice holding light seat for a short distance
* Use second and third stage of leading
* Riders to demonstrate control over the activity of walk and direction of travel working towards independent riding.
* Ask riders to make a course out of the poles, number course and allow riders to ride their chosen course
 | Coaching styles: Telling and selling Leader skills: second and third stage of leadingProgression: independent ridingEnd task coaching style: democratic/allowing |
| 5 mins | **Cool-down:*** Walk round, feet out of stirrups and stretch
* Discuss whether the course flowed, whether turns were easy etc
* Ask for feedback from riders and leaders
* Ask riders for goals for next session

  | Coach: Feedback from riders Leader skills: first stage |
| **Evaluation of session and action for next session:**  |