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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 direction  H & S: Check riders’ and ponies’  reaction to audience  Leader 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 leading  Progression: independent riding  End 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:** | | | | | |