

## COACHING SESSION PLAN



<b>Date:</b>	<b>Participant(s):</b> 1- 3	<b>Equine(s):</b> 3	<b>Equipment/resources:</b> Depends on level of session being delivered. Can vary from a minimum of three trotting poles to a max for a course of five jumps, 12 wings, 15 cups, 15 poles.
<b>Session Goal/s:</b> To jump a small course of jumps and working towards a full course of fences in Level 4, including more advanced lines and fences.			
Time	Task/exercise	Coaching points/focus/styles	
10 mins	<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>• Riders are mounted and are capable of warming up.</li> <li>• Stretching/relaxing exercises for both horse and rider to warm up.</li> <li>• Start transitions to walk and trot circle work.</li> <li>• Rider riding with adequate rein contact.</li> <li>• Introduce canter going large then circling.</li> <li>• Work on showjumping position.</li> <li>• All warm up work completed on both reins, from circle work to straight lines off the outside track to 3 loop serpentine.</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. Intro, discuss aims and objectives of the session. Ask the rider why it is important to include appropriate warm up exercises 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. 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>• Check Tack</li> <li>• Evaluate the warm up stage and use exercises appropriate to the rider's needs.</li> <li>• Use single poles placed around the arena, rider to either ride over them in light seat or showjumping position.</li> <li>• Ride over trot poles</li> <li>• Ride of canter poles</li> <li>• Work on both reins</li> <li>• Introduce a cross pole to be jumped on both reins. Height to be adjusted to assess rider's performance. Building up to the height appropriate to the course being jumped. Assess the rider's/horse ability over a spread for level 3 onwards.</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. 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 why it is important for this exercise to be ridden correctly. Fitness levels must be observed at all times, both horse and rider.</p>	

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	<ul style="list-style-type: none"> <li>• Gradually introduce jump 1-5.</li> <li>• Course walk mounted.</li> <li>• Ride over Level 3 course.</li> </ul> <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>Confidence of the rider continually assessed has the jumps get higher. Always jump to height you think is safe for the rider, do not coach to the level the rider says they are capable of jumping without first assessing their ability to complete the exercises set. 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>  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, doubles or related distances, refer to the RDA Showjumping website page, and be confident to make adjustments if necessary.</p>		