

## **Stage 4 Senior Teach (Complete/Eventing) Training Day**

This educational training day is for anyone looking to improve their depth coaching knowledge. The day is idea for anyone looking at the level required for the Stage Four Teach Assessment. It's content is aimed at anyone working towards the Four Teach or booked to take it. Open to all coaches, trainers, students and horse owner/riders. The day counts as CPD for APC's.

The logo for The British Horse Society, featuring the text "The British Horse Society" in white, stacked vertically, on a red rectangular background.

Date:

Presenter:

Venue:

### **The course will aim to;**

- Analyse different coaching methods
- Outline the requirement of the Stage 4 Teach assessment
- Explain factors which impact on coaching approaches
- Coaching a rider on the lunge – the benefits, horse requirements, assessing rider strengths and area's for development
- Coaching a private dressage lesson up to elementary level – coach to improve rider and horse performance
- Coaching a group of riders over fences up to 1m – considering horse and rider strengths, ability, confidence and areas for development
- Coaching a semi private arena eventing lesson over fences up to 1.10m - considering horse and rider strengths, ability, confidence and areas for development

The day is planned to be informative and interactive with delegates having the opportunity discuss training and to take part in the practical sessions if they wish.

### **Programme**

**09:15-9:30am** Registration

**09:30-10:00am** Introduction to the day

Overview – Discussing the Stage 4 coaching assessment, the level of knowledge required and the assessment day itself.

**10:00-10:45am** Understanding how to coach. The different coaching methods, including behaviour management, mentoring & evaluating performance. Looking at motivational techniques including; goal setting and development plans, both short and long term. Discussing factors that impact on coaching. To include difference learning styles, personalities, challenges, mind sets, equality and diversity. The coaching and learning environment.

**10:45-11:30am** Practical session 1

Coach a rider on the lunge;

Assess horse and rider, strengths and areas for development. Looking at rider position, coordination, balance & core stability. Develop feel and empathy with rider. Discuss requirements of a lunge horse, its balance, behaviour, way of going, quality and suitability of the stride and appropriateness for the level. Exercises to improve rider position. Maintain the health and safety of both rider and horse, considering the risks and environment to include riding area, tack and equipment. Evaluate the effectiveness of the session and thoughts on future development.

**11.30 – 12.30pm** Practical session 2

Coaching a private dressage lesson up to elementary level;  
While maintaining the health and safety of the horse and rider, assess the rider's strengths and areas for development. To include rider knowledge, position and effectiveness. Using suitable exercises coach to improve the horse and rider's performance. Feedback to rider and discuss further development.

**12:30 - 01:30pm** Lunch & putting up fences

**01:30 – 02:30pm** Practical session 3

Coaching a group of riders over fences up to 1m;  
While maintaining the health and safety of the horse and rider, assess the rider's strengths and areas for development. To include rider knowledge, position and effectiveness. Look at horse and rider technique and jumping skills. Using suitable exercises, including independent and related distances, coach to improve the horse and rider's performance. Feedback to rider and discuss further development.

**02:30 - 03:30pm** Practical session 4

Coaching a semi private arena eventing lesson over fences up to 1.10m;  
While maintaining the health and safety of the horse and rider, assess the rider's strengths and areas for development. To include rider knowledge, position and effectiveness. Look at horse and rider technique and jumping skills. Using suitable exercises, including independent and related distances, coach to improve the horse and rider's performance. Feedback to rider and discuss further development.

**03:30 – 04:00pm** Review of the day - open discussion & feedback