

# New Coaching Pathway

Understanding the  
process and criteria for  
Assessments and Reviews

# Assessment v Review

**Assessment**  
to become a  
coach



**Review**  
a year later  
to check  
skills

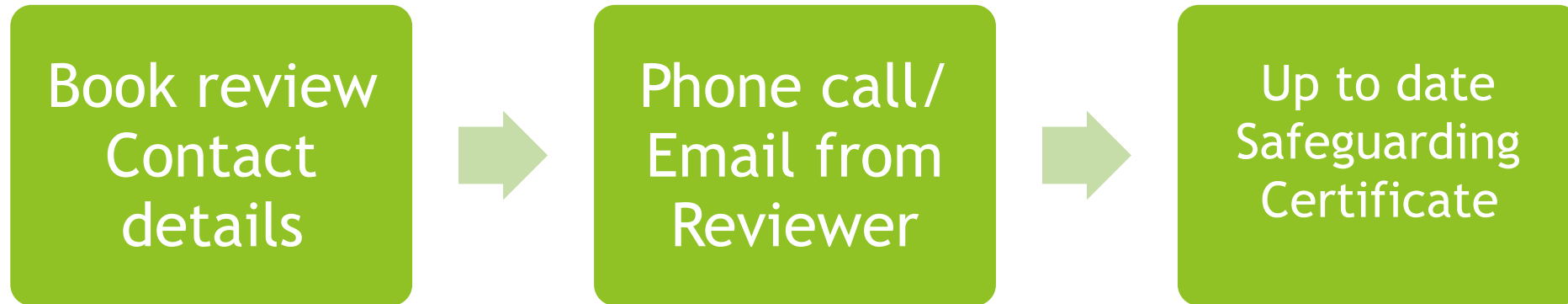


**3 yearly  
Review**  
To maintain  
and develop  
skills

# Coaching Pathway



# Review Process



# On the Day



Pre session chat - allow 10 mins

- Lesson Plan
- Risk Assessment
- Passport



Observe session - around 30 minutes

- Evidence of required skills
- Evidence of personal goals



Post session discussion - allow 30/40 mins

- Discuss lesson
- Share ideas and observations
- Forward plan for further development

# Capabilities Table

## Action Required

- No session plan
- Inadequate goals or unsuitable for rider

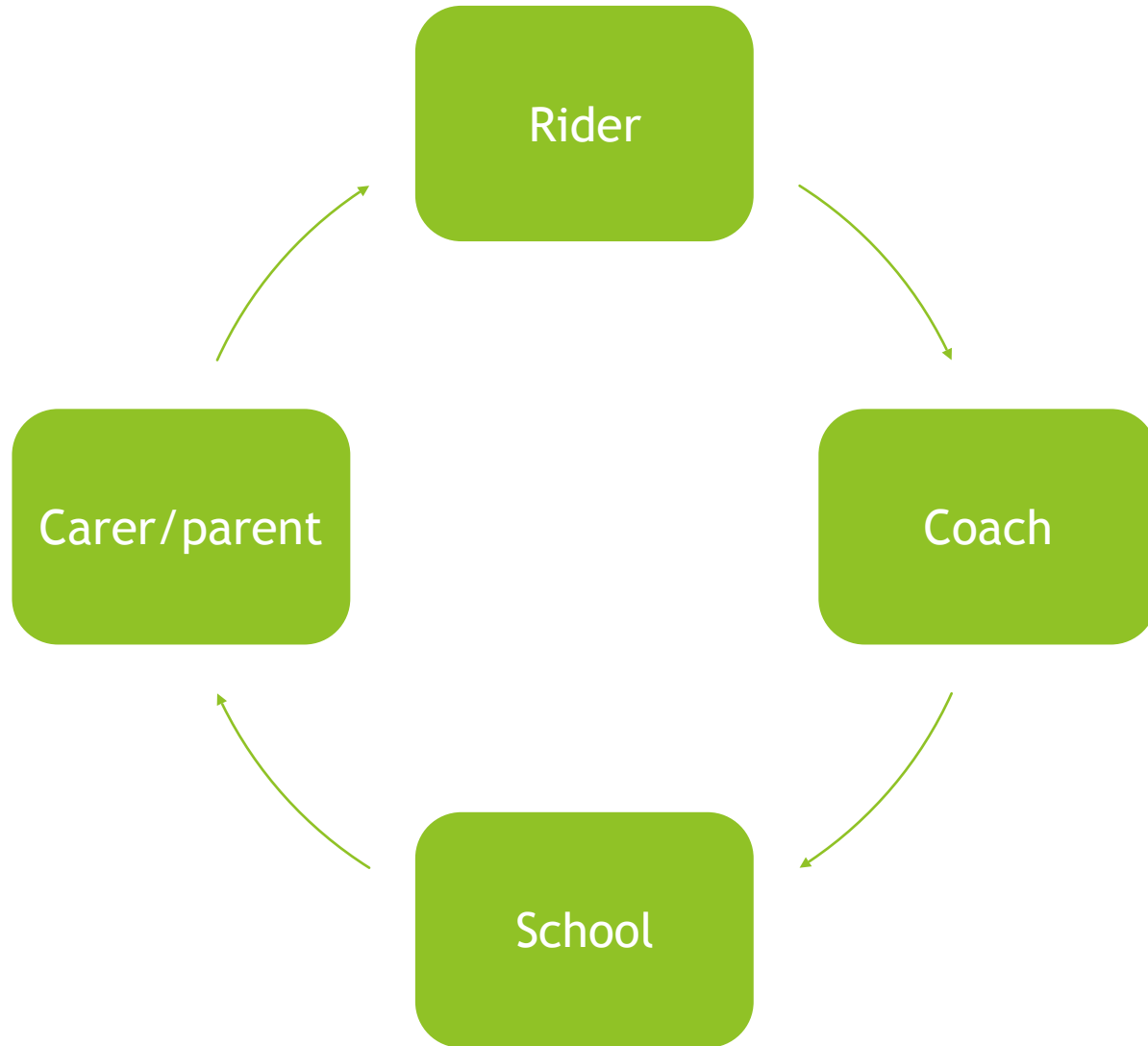
## Competent

- Realistic and appropriate plan for rider/s
- Coach identify and discuss personal goals

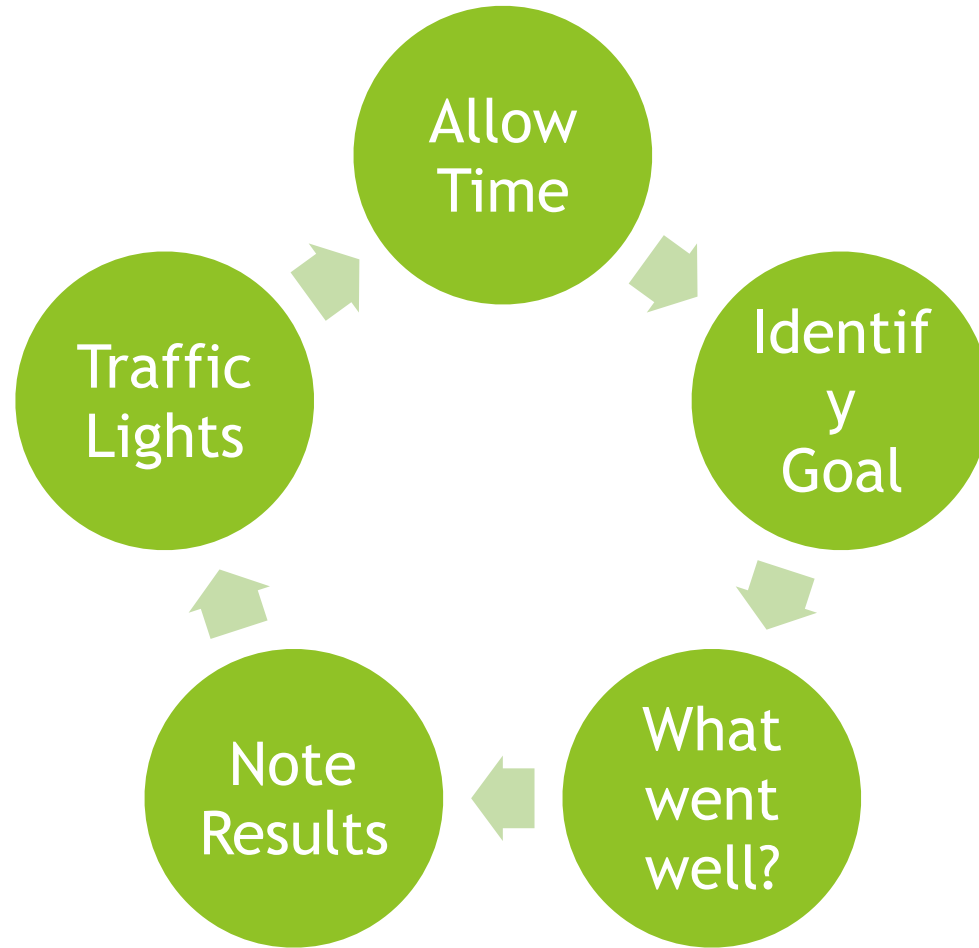
## Proficient

- Short and long term goals for rider/coach
- Comprehensive adaptations planned to meet needs

# Goals



# Reflecting on Performance





# Lesson Plan

<b>Date:</b> 2.11.18	<b>Participant(s):</b> 2	<b>Equine(s):</b> 2	<b>Equipment/resources:</b> 20mx40m arena Set up as shown overleaf. 3cones and 4 poles.
<b>Session Goal/s:</b> TO CHALLENGE THE RIDER'S BALANCE AND POSTURE ON STRAIGHT AND CURVED LINES & DURING TRANSITIONS USING SIMPLE 3 LOOP SERPENTINE. MAINTAIN THE HORSE'S RHYTHM DURING EXERCISE.			
<b>Time</b>	<b>Task/exercise</b>	<b>Coaching points/focus/styles</b>	
5/10 mins	<b>Warm Up:</b> <ul style="list-style-type: none"> <li>Riders to meet horses, leaders &amp; side-walkers, mount &amp; check tack.</li> <li>Warm up walk (active) around the arena.</li> <li>Few simple dynamic /stretching exercises</li> <li>Few simple transitions to halt at markers, cones or near mirrors where possible.</li> <li>Simple change of rein across diagonal</li> </ul>	<ul style="list-style-type: none"> <li>Safety checks &amp; briefing-tack check.</li> <li>Assess rider's posture &amp; balance on both reins &amp; during transitions.</li> <li>Riders &amp; horses muscles warmed up.</li> </ul>	
20 mins	<b>Main content:</b> <ul style="list-style-type: none"> <li>Revise the correct riding position where necessary- observe in walk &amp; trot.</li> <li>Explain and demonstrate route to take - starting at A, walk a half circle around cone near K* (diameter 1/3 of long side), ride straight through the poles across centre line, half circle around cone at B, ride straight through poles and then half circle around cone near H*.</li> <li>Trot long side M to F, repeat exercise.</li> <li>Introduce simple transitions between poles</li> <li>Change rein, repeat starting at C.</li> <li>Allow led rider(s) to ride independently on straight sides if appropriate.</li> <li>Allow riders to choose pace and position of transitions-</li> </ul>	<ul style="list-style-type: none"> <li>SHOW &amp; TELL- check for understanding.</li> <li>SET-UP &amp; STAND BACK- observe position on straight &amp; curved lines in walk &amp; trot. Encourage rider to check own position in mirrors.</li> <li>QUESTION &amp; EMPOWER- discuss effect of pace &amp; transitions on rhythm during the exercise.</li> </ul>	
5mins	<b>Cool-down:</b> Cool down walk around arena on long rein. <b>Ask riders what aspects they enjoyed most &amp; found the easiest- something to remember for next session. Agree a goal for next lesson</b>	<ul style="list-style-type: none"> <li>Rider to feedback on own &amp; horses performance BUT concentrate on positives.</li> <li>Goal setting</li> </ul>	