

FEI
Fédération Equestre Internationale



FEI Coaching System

SYLLABUS

INTRODUCTION TO COACHING

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INTRODUCTION TO COACHING

Aim:	<ul style="list-style-type: none"> The Introduction to Coaching course is the first steps of the FEI Coach Education System, it is designed to introduce participants to the approach used throughout the system and as such does not qualify a person to coach. The Introduction course is a mandatory requirement for future Level 1 Course participants. The Level 1 Course will then provide coaches with the ability to prepare Athletes for competitions, emphasizing skills, develop participation and enjoyment.
Duration of the course:	<ul style="list-style-type: none"> 2 days
Entry Requirements for Participants:	<ul style="list-style-type: none"> 18 years old and over Have a knowledge of horses and horsemanship (responsibility of the NF) Must be registered with their NF
Attendance:	<ul style="list-style-type: none"> No maximum quota
Level:	<ul style="list-style-type: none"> Jumping: 1.00 - 1.15 m Dressage: Preliminary/Elementary Eventing: Novice up to 1*
Insurance:	<ul style="list-style-type: none"> Participants must be registered with their NF coach insurance scheme or privately

The Sport

PRINCIPLES AND RULES

At the conclusion of this course, the participant will be able to:

- Define the rules which govern the different equestrian sports.
- Define the rules and concept of Clean Sport
- List the FEI code for the welfare of horses.

TACTICS

At the conclusion of this course, the participant will be able to:

- Explain what is coaching.
- Describe qualities of a good coach.
- Compile a personal profile
- Plan a coaching session
- Prepare a session planner

SAFETY

At the conclusion of this course, the participant will be able to:

- Explain the rules of the school and safe distances for a group coaching session.
- Assess the suitability of the terrain for exercising/lesson.
- Take special measures for athletes with disabilities
- Explain how to handle the horse and check the equipment.
- Check that riders are wearing suitable helmets/clothing/footwear.
- Explain how to mount correctly and safely.
- Explain how to adjust the length of stirrup for a particular riding activity and for the level of rider.
- Implement an emergency plan in the event of an accident.
- Assess the size, weight and ability of rider.

SKILLS

Dressage/Jumping

At the conclusion of this course, the participant will be able to explain:

- The basic seat and position for flatwork and jumping.
- The natural and artificial aids and how to use them.
- The sequences and footfalls of the basic paces of the horse.
- A balanced position, independent of the reins at all paces.
- The five phases of the jump.

The following **simple school exercises**: (as a minimum)

- Stretching the horse forward / downward
- Giving hands
- Transitions
- Turns and circles
- Lateral bend
- Flexion
- Turn on the forehand
- Leg yielding
- Ability to maintain a secure and balanced seat over poles, grids, single fences and combinations in trot and canter.
- Jumping a simple grid

The Participant Horse and Rider

MOTIVES AND NEEDS

At the conclusion of this course, the participant will be able to:

- Motivate participants to become and stay involved in equestrian sport with a view to maximising their potential.
- State the importance of promoting positive and enjoyable experiences for participants.
- Encourage and acknowledge individual progress of the participant.
- Give feedback to promote the self-image of the participants.

The Coach

ROLE OF THE COACH

At the conclusion of this course, the Participant will be able to:

- Outline the role of a coach.
- Identify the qualities which contribute to effective coaching.
- Be aware of the moral need and importance of integrating participants with a disability into equestrian activities.

PLANNING AND FEEDBACK

At the conclusion of this course, the participant will be able to:

- Complete a session planner.
- Implement a basic coaching session, recognising the need for participation, progress and enjoyment.
- Keep training records.