

## **Introduction to Coaching Course Timetable (suggested):**

<b>Day 1:</b>	<b>Place:</b>	<b>TIME-TABLE</b>
09.00-09.30	Meeting room	Registration of Coaches
09.30-10.00		Welcome & Introduction
10.00-10.30		<b>Coffee break</b>
10.30-12.00	Meeting room	Introduction to Coaching
		List the qualities of a good coach
		Create a Personal Profile
12.00-13.30		<b>Lunch</b>
13.30-14.30	Meeting room	Plan a Coaching Session
		Coach a Session
14.30-16.00	Arena	Skill 1: Mounting & Dismounting (30min)
		Skill 2: Basic Flatwork position "Deep Seat" (30min)
		Skill 3: The Athlete's Aids (30min)
16.00-16.30		<b>Coffee Break</b>
		Skill 4: Stretching the neck forward/downward (30min)
		Skill 5: Giving Hands (30min)
		Skill 6: Basic Paces of the Horse (30min)
18.00-18.30	Meeting room	Review of the day
<b>Day 2:</b>		
09.00-10.30	Arena	Skill 7: Transitions (30min)
		Skill 8: Turns & Circles (30min)
		Skill 9: Lateral Bend (30min)
10.30-11.00		<b>Coffee break</b>
11.00-12.30		Skill 10: Flexion in the Poll (30min)
		Skill 11: Turn on the Forehand (30min)
		Skill 12: Leg Yielding (30min)
12.30-14.00		<b>Lunch</b>
14.00-14.30	Meeting room	IDEA Principles
14.30-16.30	Arena	<b>Practical coaching</b> (Group A and then B)
		Skill 1: Jumping Position (30min)
		Skill 2: Trotting Poles (30min)
		Skill 3: The 5 phases of the jump (30min)
		Skill 4: Simple Gymnastic Exercises (30min)
16.30-17.00		<b>Coffee break</b>
17.00-18.00	Meeting room	Review of the Day
		Review of coaching practice and assignments
		Conclusion of the course / Course feedback / <b>END OF THE COURSE</b>