Introduction to Pony Club Coaching Course

Step 1 – Notes for Organisers and Tutors

What is needed to run the course?

- 8 - 12 participants from one or more Areas
- Participants to bring a current copy of The Manual of Horsemanship and writing materials.
- Two Tutors (taken from the Intro to Coaching Tutor panel, or one panel Tutor and one local Tutor who has been selected by the Area to join the panel – email training@pcuk.org for details). **Tutor fees and expenses are paid by the course organiser.**
- Tutor: Participant ratio is 1:6.
- Handouts – these are available on website so can be printed by the organiser / tutor, emailed to participants, or participants can be directed to download their own copies.

Facilities

- 9.30am – 4.30pm - Warm room, chairs, flipchart, and projector and screen (where possible).
- 1.30pm - 3.30pm - Outdoor/Indoor arena; blocks or cones, poles, jump wings.
- Demo riders: 8 riders at D / D+ level (2 groups of 4) from 1.30 - 3.30 p.m. suitably mounted.
- Drinks facility if possible, participants to provide own lunch.

Organisers / Tutors to provide:

- Flipchart paper
- Thank you presents for demo riders
- Risk Assessment sheets / Accident Report forms
- Certificates of Attendance / Feedback Forms

Attendance / Feedback Forms:

- All forms can be downloaded from the Resource Hub on The Pony Club Website.
- Please ensure that all feedback comments are positive and constructive.
- Please ensure that copies are given to the participants, Branch DC / Centre Proprietor.

Course Format: 10.00am - 4.30pm

Objectives: The morning session should be carried out as an interactive group discussion so that by sharing ideas, thoughts and concerns the main objectives of safety awareness and confidence building are achieved. The same objectives will extend into the afternoon and also include practical sessions to start developing the coaches' effectiveness.

Recommended Timetable and Topics to be covered in discussion during the course:

9.30	Tutor Preparation, risk assessment.
10.00	• Introduction to Manual of Horsemanship • Skills and attributes of a good coach • What makes a good Pony Club rally • Health and Safety Procedures (sample risk assessment & accident forms available to complete) • Safeguarding • How to deal with problems and difficulties • Positive interaction with Parent/Guardian/Trainer spectators • Planning for Pony Club activities/use of resources • Making learning fun with lots of suggestions for games/ideas

11.30	• Split the group into pairs and give each pair a topic on Horse & Pony Care at D to D+ level. • Allow 15 minutes to prepare topics in pairs, which they will then present to the rest of the group for 5 minutes maximum. • Positive and constructive feedback should be given to each pair once they have taught their topic. • Before breaking for lunch give each participant a short topic to coach eithe r on the flat or over poles. • Each participant should prepare a simple lesson plan.

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	• Each participant should teach for at least 15 minutes after lunch (using assistants, if required).
12.45	Working Lunch
1.15	Demo riders arrive
1.30	One tutor delivers a demonstration of coaching format and balanced position (with one group of riders) while the other tutor discusses the session with the riders.
1.45	**Coaching Practice Format** • Divide the group in half so that each Coach Tutor has equal numbers of participants. Each participant will teach their topic for a minimum of 10 minute s to 4 riders at D to D+ level. • Lead a group discussion on good points of session and solutions to problems encountered. • Positive and constructive feedback should be given to each participant following their session. **Topics to be discussed during afternoon session:** • The values underpinning Pony Club coaching • The correct position to be taught • How to correct basic faults • Safe exercises to be used and the sensible logical progression of these exercises • Jumping position • Distances, especially those for smaller ponies and what NOT to build
3.30	**Summary** • Group discussion on how participants could improve on their coaching and how to achieve their future coaching goals. • Each participant should be presented with a Certificate of Attendance/Feedback form completed by the Course Tutor. • Encourage participants to practice coaching with a suitable mentor, and complete their Coaching Experience Logbook, to work towards Intro to Coaching Step 2. • **Reminder – Coaches are only covered by The Pony Club insurance when coaching at Pony Club organised training/activities/events and MUST have your own liability insurance for all other coaching.**

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