

### What is needed to run the course?

- 8 participants from one or more Areas- if Pony Club Members, must bring their Coaching Experience logbook, to provide evidence that they have been actively coaching since attending Step 1.
- Participants to bring a current copy of The Manual of Horsemanship, Instructors Folder 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](mailto:training@pcuk.org) for details). Tutor: Participant ratio is 1:4.
- Hand outs – 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

- 9.30 – 16.30 - Warm room, chairs, flipchart, and projector and screen (where possible).
- 11.30 – 13.00 – Outdoor arena or field, with jumps.
- 14.30 – 16.00 – Field or very large outdoor arena, with a small selection of cross country jumps of relevant standard to coaches attending. Cross country fences, if portable, must be appropriately secured and anchored.
- Demo riders: 8 riders at C / C+ level (2 groups of 4) from 11.30 - 13.00 and a further 8 (or the same riders if they are happy to stay on) from 14.30 – 16.00. Suitably mounted.
- Drinks facility if possible, participants (and riders if staying all day) 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:

- Please order well in advance of course from The Pony Club office ([training@pcuk.org](mailto:training@pcuk.org))
- Please ensure that all feedback comments are positive and constructive
- Please ensure that the top copies are given to the participants, middle goes to their Branch DC / Centre Proprietor and bottom copies are returned to The Pony Club office (Stoneleigh Park, Kenilworth, Warwickshire, CV8 2RW).

**Course Format: 10.00am - 4.30pm**

**Objectives:** The focus of this course is on introducing jumping, rider balance and a balanced jumping position, and working groups safely in open spaces.

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

<b>9.30</b>	Tutor Preparation, risk assessment.
<b>10.00</b>	<ul style="list-style-type: none"> <li>• Discuss participants' coaching experiences, problems and queries.</li> <li>• Share ideas (flipchart bullet points).</li> </ul>
<b>11.00</b>	<ul style="list-style-type: none"> <li>• Participants to plan a 20 minute session to <b>develop the balance of horse and rider on the flat and over a fence</b> from C Test level upwards.</li> <li>• If time, they should work in groups to plan follow on sessions.</li> </ul>
<b>11.15</b>	Coffee break and discuss lesson topic <b>Demo riders arrive</b>
<b>11.30</b>	<p><b>Coaching Practice Format</b></p> <ul style="list-style-type: none"> <li>• Divide the group in half so that each Coach Tutor has equal numbers of participants, and one group of riders.</li> <li>• Each participant will coach their topic for a minimum of 20 minutes to 4 riders at C to C+ level.</li> <li>• Lead a group discussion on good points of session and solutions to problems encountered.</li> <li>• Positive and constructive feedback should be given to each participant following their session.</li> </ul>
<b>13.00</b>	<p>Working lunch:</p> <ul style="list-style-type: none"> <li>• Participants to plan for a 20 minute session to <b>develop the balance of the rider and security of the lower leg and build up to riding the canter, in a rhythm, in cross country seat. Cross country jumps to be introduced according to coach / rider / horse level.</b></li> <li>• If time, they should work in groups to plan follow on sessions.</li> </ul>
<b>14.00</b>	<ul style="list-style-type: none"> <li>• Theory on how to develop a secure, yet supple, cross country seat.</li> <li>• Discuss correct rider / horse cross country equipment, and care of the horse following a cross country session.</li> </ul>
<b>14.30</b>	<p><b>Coaching Practice – Format as for the morning (11.30)</b> As for the morning sessions, each participant to coach one group for 20 minutes</p>
<b>16.00</b>	<ul style="list-style-type: none"> <li>• Participant Q&amp;As.</li> <li>• Group discussion on how participants could improve on their coaching and how to achieve their future coaching goals.</li> <li>• Completion of Attendance/Feedback Report.</li> <li>• Encourage participants to practice coaching with a suitable mentor, and complete their Coaching Experience log book, to work towards Intro to Coaching Cross Country - Step 3.</li> </ul>