

FEI
Fédération Equestre Internationale



FEI Coaching System
(Competition)

SYLLABUS

Introduction to Coaching

Fédération Equestre Internationale
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Introduction to Coaching

Aim:	<ul style="list-style-type: none"> • To develop interest in coaching and to improve the communication as a coach
Duration of the course:	<ul style="list-style-type: none"> • 1 day
Entry Requirements for Participants:	<ul style="list-style-type: none"> • 18 years old and over • Recommended by the NF • Have a knowledge of horses and horsemanship (responsibility of the NF)
Attendance:	<ul style="list-style-type: none"> • 14 participants + observers
Participants:	<ul style="list-style-type: none"> • Must be registered with their NF
Level:	<ul style="list-style-type: none"> • Jumping: Training • Dressage: Training • Eventing: Training
Insurance:	<ul style="list-style-type: none"> • Not applicable
Assessment:	<ul style="list-style-type: none"> • No formal assessment
Certification:	<ul style="list-style-type: none"> • Certificate of Attendance
Evaluation of the Course:	<ul style="list-style-type: none"> • By the Tutor • By the Coaches
Evaluation sheets and Report	<ul style="list-style-type: none"> • To be sent to the FEI by the Tutor

 **At Introduction to Coaching, the participant is not qualified to coach**

The Sport

UNIT 1 - PRINCIPLES AND RULES

By the end of this unit, a person who attends an Introduction to Coaching course will be able to:

- Explain the basic rules and the basic principles of the different equestrian sports.
- Name the constituent members of his/her NF and describe their responsibilities.

UNIT 2 - HISTORY AND STRUCTURE

By the end of this unit, a person who attends an Introduction to Coaching course, will be able to:

- Identify the contact persons in the various equestrian disciplines who are members of his/her own National Federation.

UNIT 3 - SAFETY

By the end of this unit, a person who attends, an Introduction to Coaching course, will be able to correctly:

- Assess the suitable size, surround and surface of an arena.
- Check the lighting/electricity/fire extinguishers/first aid equipment/phone facilities.
- Assess and report the condition and position of the equipment.
- Implement the safe conduct of a selection of coaching activities and in the basic conduct of the rider in a riding activity.
- Assess and advise on suitable helmets, clothing and footwear.
- Assist the rider to fit and check the tack and to observe, analyse and confirm the suitability of the tack.
- Implement an emergency plan in the event of an accident.
- Observe and analyse the suitability of the horses relating to size and weight and ability of rider.

UNIT 4 - TECHNIQUES AND SKILLS IN RIDING & STABLE MANAGEMENT

Riding

By the end of this unit, a person who attends an Introduction to Coaching course will be able to:

- Identify and describe the key points of the basic position for flatwork and jumping.
- List and discuss the appropriateness of the natural and artificial aids.
- Identify and discuss the basic use of the aids.
- Name and describe the basic paces of the horse.
- Describe the key points in lengthening/shortening the reins.
- Describe and apply within a safe session, the use of a short stick/schooling whip.
- Identify and discuss the basic use of the aids.
- Identify the key points in mounting and dismounting.

Identify the key points in the following basic schooling exercises.

- 20 m and 15 m circles walk/trot/canter.
- 10 m circles in walk/trot.
- Changes of rein.
- Work without stirrups in walk/trot.
- Increase and decrease of pace.
- Trotting on a named diagonal.
- Progressive transitions.
- Cantering on the correct leading leg.
- Use of trotting poles/basic grids and required distances.

Stable Management

By the end of this unit, a person who attends, an Introduction to Coaching course will be able to identify and report on:

Suitability of the horse with regard to age, size, conformation, temperament and suitability for lesson, the stage of the horse's schooling.

Health and Fitness of the horse with regard to condition, state of fitness, mental state, shoeing, the condition of the feet, teeth, skin condition (girth galls and saddle sores), recognise unsoundness

Equipment – types of bridles, bits and identification of severe bits, types of saddles, fitting bridles and saddles, numnahs and their fitting. Auxiliary reins (martingales, running reins and side reins), boots, bandages and girth guards.

Lunging – the equipment for lunging the horse.

Travelling – safe methods for loading and unloading, safety of the trailer and towing vehicle.

The Participants – Rider and Horse

UNIT 5 - MOTIVES AND NEEDS

By the end of this unit, a person who attends an Introduction to Coaching course, will be able to:

- Describe the reasons why people take part in equestrian sport.
- Explain the benefits of being involved with horses either as a rider/parent/friend.
- Relate some positive and enjoyable experiences of being involved with horses.
- Identify and apply safe, enjoyable and worthwhile practices when dealing with riders.

UNIT 6 - PHYSICAL FITNESS OF THE RIDER

By the end of this unit, a person who attends an Introduction to Coaching course, will be able to:

- Describe the benefits of a basic stretching warm up exercise.
- Describe the benefits of a basic stretching cool down exercise.

UNIT 7 - PHYSICAL FITNESS OF THE HORSE

By the end of this unit, a person who attends an Introduction to Coaching course, will be able to:

- List and look for the normal signs of a healthy horse with regard to condition (fat/thin/good).
- Summarise visual signs of stress, exhaustion or sickness.

- Explain the reasons for warming up and cooling down the horse at the start and finish of a session.

UNIT 8 - SKILL DEVELOPMENT OF THE RIDER

By the end of this unit, a person who attends an Introduction to Coaching course, will be able to:

- Explain and demonstrate a basic model of skill development.

UNIT 9 - SKILL DEVELOPMENT OF THE HORSE

By the end of this unit, a person who attends an Introduction to Coaching course, will be able to:

- Describe how the basic principles of “**reward and correction**” will assist the development of the horse.

The Coach

UNIT 10 - ROLE OF THE COACH

By the end of this unit, a person who attends, an Introduction to Coaching course, will be able to:

- Show a basic understanding of the principles of coaching and the learning process.
- Identify the role of the coach and list the qualities of an effective coach.
- Identify the qualities which contribute to the process of effective coaching.
- List and identify personal strengths and approach to coaching.
- Discuss the reasons why people become involved in coaching.
- Describe and apply an appropriate code of practice in childrens' sport.
- Demonstrate basic communication skills.
- Use language appropriate to the standard of the rider.
- Discuss why people with a disability benefit from being integrated in equestrian sport.
- Discuss and develop a positive approach to the values of fair play and sportsmanship.

UNIT 11 - PLANNING AND FEEDBACK

By the end of this unit, a person who attends an Introduction to Coaching course will be able to:

- Plan and assist in the delivery of a session suitable to this level.
- Organise and arrange a safe riding environment.
- Plan and set up courses and activities which will assist the development of both rider and horse.

UNIT 12 - PRACTICE AND COMPETITION

By the end of this unit, a person who attends an Introduction to Coaching course will be able to:

- Assist in the running of a basic coaching session.
- Identify the need for enjoyment, participation and progress for horse and rider.
- Design and assist in the building of practice and training exercises.