

SESSIONS

	DRESSAGE	JUMPING
1	Control Paces	Gymnastic exercises and the use of the bounce
2	Use of the aids	Count and ride a distance of four strides
3	Stretching the neck forward/downward	Count and ride a distance of six strides in a straight line
4	Giving Hands	Count and ride a distance of four strides in a bending line
5	Half-halt and full halt	Canter poles on a straight and bending line up to six strides
6	Leg yielding	Canter poles to a fence
7	Shoulder Fore	Canter poles in a course of fences
8	Shoulder In	Ride a grade course
9	Travers	
10	Turn on the Haunches	
11	Counter Canter	
12	Simple change of legs	



TIMETABLE DAY 1

LEVEL-1 COURSE
Novi Sad(SRB)
05-09 APRIL 2017

08.30-09.00	Meeting room	Registration of Coaches / Coffee on arrival
09.00-09.15		Introduction and aims of the FEI Level 1 Coaches' Course
09.30-10.30		Skill development of the Rider and Horse
10.30-10.45		Coffee break
10.45-12.00	Meeting room	Dressage Theory / The Way of Going
12.00-13.00		Lunch
13.00-14.15	Arena	Priorities in Dressage (Practical) 1 guinea-pig, ready at 13:00 for me to demonstrate dressage sessions. 1 guinea-pig, ready at 13:45 for me to demonstrate dressage sessions.
14.15-15.45		Dressage Coaching (Practical) 1 guinea-pig, ready at 14:15 for me to demonstrate dressage sessions. 1 guinea-pig, ready at 15:00 for me to demonstrate dressage sessions.
15.45-16.00		Coffee break
16.00-17.45	Meeting room	Role & Skills of the Level 1 Coach
17.45-18.00	Meeting room	Summary of the day and end of the day



TIMETABLE DAY 2

LEVEL-1 COURSE
Novi Sad(SRB)
05-09 APRIL 2017

08.30-08.45	Meeting room	Introduction and aim of the day
08.45-09.45		Mental Fitness of the Rider
09.45-10.45		Priorities in coaching Jumping
10.45-11.00		Coffee break
11.00-12.30	Arena	A progression of jumping exercises 1 guinea-pig, ready at 11:00 for me to demonstrate jumping sessions. 1 guinea-pig, ready at 11:45 for me to demonstrate jumping sessions.
12.30-13.30		Lunch
13.30-15.30		A progression of jumping exercises(continued) 1 guinea-pig, ready at 13:30 for me to demonstrate jumping sessions. 1 guinea-pig, ready at 14:30 for me to demonstrate jumping sessions.
15.30-15.45		Coffee break
15.45-16.30	Meeting room	Mental Fitness of the Horse
16.30-17.00		Coaching points for every session Assigning coaching practice tasks and use of session planners
17.00-17.30		Summary of the day's sessions



TIMETABLE DAY 3

LEVEL-1 COURSE
Novi Sad(SRB)
05-09 APRIL 2017

08.30-08.45	Meeting room	Introduction and aim of the day
08.45-09.30		Review of lesson planners for Dressage
09.30-11.00	Arena	Dressage coaching practice/ 3 sessions – 30 min. each 3 GUINEA-PIGS(1 AT 09.30, 1 AT 10.00, 1 AT 10.30)
11.00-11.15		Coffee break
11.15-12.45	Arena	Dressage coaching practice/ 3 sessions – 30 min. each 3 GUINEA-PIGS(1 AT 11.15, 1 AT 11.45, 1 AT 12.15)
12.45-13.45		Lunch
13.45-14.45	Meeting room	Physical Fitness of the Horse & Rider
14.45-16.15	Arena	Dressage coaching practice/ 3 sessions – 30 min. each 3 GUINEA-PIGS(1 AT 14.45, 1 AT 15.15, 1 AT 15.45)
16.15-16.30		Coffee break
16.30-18.00	Meeting room	A progression of Jumping exercises
18.00-18.30		Assigning jumping coaching practice tasks and use of session planners End of the day



TIMETABLE DAY 4

LEVEL-1 COURSE
Novi Sad(SRB)
05-09 APRIL 2017

08.30-09.00	Meeting room	Introduction and aim of the day
09.00-10.00	Arena	Lunging theory –Advantages and disadvantages
10.00-10.15		Coffee break
10.15-11.30	Arena	Lunging – practical session (2 horses) / 2 sessions– 30 min. each 2 GUINEA-PIGS(1 AT 10.15, 1 AT 11.00)
11.30-13.30	Arena	Dressage coaching practice/ 4 sessions – 30 min. each 4 GUINEA-PIGS(1 AT 11.30, 1 AT 12.00, 1 AT 12.30, 1 AT 13.00)
13.30-14.30		Lunch
14.30-16.30	Arena	Jumping coaching practice/ 4 sessions – 30 min. each 2 GUINEA-PIGS(1 AT 14.30, 1 AT 15.00, 1 AT 15.30, 1 AT 16.30)
16.30-16.45		Coffee break
16.45-17.45		Jumping coaching practice/ 2 sessions 2 GUINEA-PIGS(1 AT 16.45, 1 AT 17.15)
17.45-18.30	Meeting room	Overall coaching feedback
18.45		End of the day



TIMETABLE DAY 5

LEVEL-1 COURSE
Novi Sad(SRB)
05-09 APRIL 2017

08.30-09.00	Meeting room	Introduction and aim of the day Review of coaching plans
09.00-10.00	Arena	Motivation & Needs of the Horse & Rider
10.00-10.15		Coffee break
10.15-11.00	Arena	Review of coaching plans for Jumping
11.00-13.00	Arena	Jumping coaching practice/ 4 sessions – 30 min. each 4 GUINEA-PIGS(1 AT 11.00, 1 AT 11.30, 1 AT 12.00, 1 AT 12.30)
13.00-14.00		Lunch
14.00-15.30	Arena	Jumping coaching practice/ 3 sessions – 30 min. each 3 GUINEA-PIGS(1 AT 14.00, 1 AT 14.30, 1 AT 15.00)
15.30-15.45		Coffee break
15.45-16.45	Meeting room	First Aid, Open Book Assesment & Logbook
16.45-17.45		Overall coaching feedback
17.30		End of the day/END OF THE COURSE