

Monday 20 March	Place	Time-Table
12:00-13:30	Arena	Skill 7: Transitions (20min)
		Skill 8: Turns & Circles (20min)
		Skill 9: Lateral Bend (20min)
13:30-15:00	Arena	Skill 10: Flexion in the Poll (20min)
		Skill 11: Turn on the Forehand (20min)
		Skill 12: Leg Yielding (20min)
15:00-15:30		Cofee break
15:30-16:00	Meeting room	IDEA Principles
16:00-18:00	Arena	Practical coaching (Group A and then B)
		Skill 1: Jumping Position (20min)
		Skill 2: Trotting Poles (20min)
		Skill 3: The 5 phases of the jump (20min)
		Skill 4: Simple Gymnastic Exercises (20min)
18:30-19:00		Cofee break
19:00-20:00	Meeting room	Review of the Day
		Review of coaching practice and assignments
		Conclusion of the course / Course feedback / END OF THE COURSE