

Monday 13 March	Place	Time-Table
14:00-14:30	Meeting room	Registration of Coaches
14:30-15:00		Welcome & Introduction
15:00-16:30	Meeting room	Introduction to Coaching
		List the qualities of a good coach
		Create a Personal Profile
16:30-17:00		Coffee break
17:00-18:00	Meeting room	Plan a Coaching Session
		Coach a Session
18:00-19:30	Arena	Arena Skill 1: Mounting & Dismounting (20min)
		Skill 2: Basic Flatwork position "Deep Seat" (20min)
		Skill 3: The Athlete's Aids (20min)
19:30-20:00		Coffee break
20:00-21:30		Skill 4: Stretching the neck forward/downward (20min)
		Skill 5: Giving Hands (20min)
		Skill 6: Basic Paces of the Horse (20min)
21:30-22:00	Meeting room	Review of the day