



ESNZ Introductory Coaching

Program Outline

Module 1 - The ESNZ Coach Development Framework

- Topic 1 – ESNZ Structure
- Topic 2 – ESNZ Coach Development Framework
- Topic 3 – ESNZ Coaches Ongoing Development

Module 2 - The Rider-Centred Coach Approach

- Topic 1 – Creating a Positive Learning Environment
- Topic 2 – Your Rider-Centred Coaching Philosophy
- Topic 3 – Identifying Rider Characteristics
- Topic 4 – Varying Your Coaching Style
- Topic 5 – Inclusive Coaching
- Topic 6 – Rider Ownership and Involvement

Module 3 - Coach Self-Development

- Topic 1 – Coach Self-Analysis
- Topic 2 – Coach Improvement Action Plan

Module 4 - Developing Introductory Skills through Games

- Topic 1 – Stages of Skill Learning
- Topic 2 – Learning Styles
- Topic 3 – Effective Use of Questioning
- Topic 4 – Tips for Providing and Receiving Feedback
- Topic 5 – Using Modified Activities or Games to Teach Equestrian Skills and Tactics

Module 5 - Managing an Introductory Equestrian Program

- Topic 1 – Ethical Responsibilities
- Topic 2 – Safety and Risk Management
- Topic 3 – Planning Sessions for Beginner and Inexperienced Riders
- Topic 4 – Working Effectively With Others

Module 6 - The Introductory Equestrian Coach in Action

- Topic 1 – Safety Requirements
- Topic 2 – Arena Traffic Rules
- Topic 3 – Common Ride Formations and Commands
- Topic 4 – Coaching Groups and Individuals
- Topic 5 – Breaking Skills Down
- Topic 6 – Skill Progressions
- Topic 7 – Questions & Imagery to Develop Body Awareness & Other Skills
- Topic 8 – Common Rider Problems, Causes and Solutions

Skill Development Activity/Game 2

Purpose -

Description -

Key Questions and Challenges -

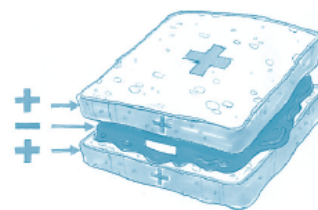
Progression -

Cool Down, Session Summary Points and Take-Away Tasks

Arena Plan Template, Notes, "Don't Forgets"

		C
	H	M
	S	R
	E	B
	V	P
	K	F
		A

Providing Feedback - The Sandwich Approach:



The Coaching Risk Management Process

Risk management is not a complex process. Coaches can easily provide a safe and fair training/competition environment for their riders, which will help them to avoid litigation, by following some basic steps. These steps form the **Risk Management Process** and are as follows:

