



EQUESTRIAN SPORTS NZ

INDIVIDUAL JUMPING PERFORMANCE PLAN 2020

RIDER:		Date:	
<i>Rate your current performance in each area from 1 (poor) to 10 (Worlds Best)</i>	Rider Rating out of 10	Coaches rating out of 10	
FLAT WORK FOR JUMPING			
Rider position	1 2 3 4 5 6 7 8 9 10		
Rider Effectiveness	1 2 3 4 5 6 7 8 9 10		
Rideability – rhythm, adjustability, straightness	1 2 3 4 5 6 7 8 9 10		
Gymnastic & Pole work	1 2 3 4 5 6 7 8 9 10		
JUMPING			
Pre-Season Fitness	1 2 3 4 5 6 7 8 9 10		
Educating the horse (all fences eg liverpool, walls, fillers, etc)	1 2 3 4 5 6 7 8 9 10		
Horse fitness	1 2 3 4 5 6 7 8 9 10		
Recovery - horse management	1 2 3 4 5 6 7 8 9 10		
Warm up plan & strategy	1 2 3 4 5 6 7 8 9 10		
Riding to time (Being inside the time allowed)	1 2 3 4 5 6 7 8 9 10		
Riding distances	1 2 3 4 5 6 7 8 9 10		
Adaptability	1 2 3 4 5 6 7 8 9 10		
At home training	1 2 3 4 5 6 7 8 9 10		
GENERAL			
General knowledge of training and competition aids (eg bits, boots, other)	1 2 3 4 5 6 7 8 9 10		
General knowledge of National and/or FEI Rules	1 2 3 4 5 6 7 8 9 10		
Where do you currently see yourself with regard to New Zealand's best (NZ High Performance Squad)	1 2 3 4 5 6 7 8 9 10		

MENTAL/PHYSICAL											
Fitness-core strength/flexibility	1	2	3	4	5	6	7	8	9	10	
Dealing with pressure	1	2	3	4	5	6	7	8	9	10	
Life outside horses	1	2	3	4	5	6	7	8	9	10	
Self awareness	1	2	3	4	5	6	7	8	9	10	
Support (your team)	1	2	3	4	5	6	7	8	9	10	
Future planning – business, overseas training & competing	1	2	3	4	5	6	7	8	9	10	
Independence/Decision making	1	2	3	4	5	6	7	8	9	10	
Focus/Concentration	1	2	3	4	5	6	7	8	9	10	
Belief/Confidence/Resilience	1	2	3	4	5	6	7	8	9	10	

Rider Comments (if any):

Coach Comments (if any):

HORSE PLAN

Horses Name

Long term target:

Where do you currently see your horse with regard to New Zealand's best?

1 2 3 4 5 6 7 8 9 10

What are your key Performance goals for this season?

Event	SJ Faults	Actual Result

What key areas do you want to target?

What are your strategies (plans) to target these areas?

How are you going to monitor and assess progress?

What plans do you have for continuing your development?

What are your long term goals 1-3 years?