



**HORSE COUNCIL**  
BRITISH COLUMBIA

# COACHING PROGRAM LESSON PLAN

Prepared by: \_\_\_\_\_ Discipline: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Stage of Rider Development (Circle one) Initiation      Acquisition      Consolidation	Number of Riders and Ages	Age of Horse(s)
LTED Stage:	Stage of Competition Season (if applicable):	
Rider Background:	Preparation:	
Lesson Topic: Immediate Goal:  Long Term Goal:	Specific Objectives/ Key Elements:	

## Diagram of Arena Set Up



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# COACHING PROGRAM LESSON PLAN

Equipment List

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Safety Considerations

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## Lesson Segments and Timelines

Introduction	Approximate Timeline:



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## LESSON PLAN

Warm-Up

Approximate Timeline:

Explanation

Approximate Timeline:



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Demonstration	Approximate Timeline:
Activity/Progression #1 Goal/Key Point:	Approximate Timeline:



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Activity/Progression #2  
Goal/Key Point:

Approximate Timeline:

Activity/Progression #3  
Goal/Key Point:

Approximate Timeline:



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## LESSON PLAN

Cool Down (if appropriate)

Approximate Timeline:

Conclusion

Approximate Timeline: