



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: (Skills needed for the riders to manage a logical progression to reach the goal)	

Equipment List	Diagram of Arena Set Up
Safety Considerations	

Lesson Segments and Timelines	
Introduction	Approximate Timeline:
Warm-Up	Approximate Timeline:
Explanation	Approximate Timeline:



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Demonstration	Approximate Timeline:
Activity/Progression #1 Goal/Key Point:	Approximate Timeline:
Activity/Progression #2 Goal/Key Point:	Approximate Timeline:
Activity/Progression #3 Goal/Key Point:	Approximate Timeline:
Cool Down (if appropriate)	Approximate Timeline:
Conclusion	Approximate Timeline: