



English Competition Coach Lesson Plan Topics

English Competition Coaches Flat will Teach 3 Lessons

- Two group lessons on the flat
- Teach a student how to lunge a horse

English Competition Coaches with Jump will Teach 3 Lessons

- A group lesson on the flat
- A group lesson over fences
- Teach a student how to lunge a horse

Flat Lesson Topics

Flat Lessons to IMPROVE / PRACTICE a skill already introduced.

IMPROVE (group of 3-4 riders):

- Progressive transitions
- Riding a horse on contact between leg and hand
- Change of lead through trot
- Lengthen stride at the walk and trot
- Lengthen stride at the canter
- A 3-loop serpentine
- Leg-yield
- The horse's lateral suppleness
- 15m circles

Jump Lesson Topics

Jump Lesson plan to IMPROVE/PRACTICE a skill already introduced.

IMPROVE (group of 3-4 riders):

- Riding a line of two fences with a related distance
- Riding a turn to a fence on the diagonal
- Riding a combination (1 or 2 non-jumping strides)
- Stride control – Example: add a stride in a 4-stride line
- Riding a gymnastic of three or more elements using a crest release
- Riding a single oxer on the diagonal

The lesson plan topics the candidate submits will be the same lesson plan that they will teach at the evaluation