



## **English Competition Coach Specialist Lesson Plan Topics**

### **English Competition Coaches Specialist Options:**

#### **Dressage**

- One lesson plan to Improve the horse & rider
- One lesson plan to Introduce a new skill

#### **Eventing**

- One lesson plan to Improve horse & rider on the flat (choose from dressage topics)
- One lesson plan to Introduce a new X Country skill

#### **Jump**

- One lesson plan to Improve horse & rider on the flat (choose from dressage topics)
- One lesson plan to Introduce a new skill over fences

### **Dressage Lesson Topics**

One Lesson plan to IMPROVE / DEVELOP skill already introduced

One Lesson plan to INTRODUCE a new skill

- Rein back
- Counter canter
- The horse's engagement & collection at trot and/or canter
- Non-progressive transitions (Canter to walk/walk to canter/trot to halt/halt to trot)
- Medium canter
- Shoulder-in
- Half halt
- 10m circles
- Travers
- Renvers
- ½ turn on the haunches

### **Eventing Lesson Topics**

One Eventing Lesson plan to INTRODUCE a specific skill

- Galloping at speeds (400/450/520 mpm)
- Riding a bank/step up
- Riding a drop/step down
- Riding a ditch



### **Eventing Lesson Topics Continued**

- Jumping in and out of water
- Riding a Coffin Jump
- Riding a Corner Jump
- Riding a skinny or narrow fence
- Riding an Arrowhead
- Jumping fences on an uphill or downhillgrade
- Riding a hilltop jump
- Riding a combination

### **Jump Lesson Topics**

One Jump Lesson plan to INTRODUCE a specific skill

- Riding a line of two fences set as a brokenline
- Riding a line with optional striding, i.e. ride 60' line in 5 or 4
- Picking up the correct lead over a fence
- An automatic or out of hand release
- Jumping fences on an angle
- Adding a stride on a line
- Riding a line vertical to oxer & oxer to vertical
- Riding a roll back turn to a fence
- A horse's jumping form through a gymnastic
- Cantering an oxer off a long approach

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