

Level 1 Course for Coaches Timetable (suggested):

Day 1	Place	TIME-TABLE
08.30-09.00	Meeting room	Registration of Coaches / Coffee on arrival
09.00-09.15		Introduction and aims of the FEI Level 1 Coaches' Course
09.30-10.30		Skill development of the Rider and Horse
10.30-10.45		Coffee break
10.45-12.00	Meeting room	Dressage Theory / The Way of Going
12.00-13.00		Lunch
13.00-14.15	Arena	Priorities in Dressage (Practical)
14.15-15.45		Dressage Coaching (Practical)
15.45-16.00		Coffee break
16.00-17.45	Meeting room	Role & Skills of the Level 1 Coach
18.00	Meeting room	Summary of the day and end of the day
Day 2		
08.30-08.45	Meeting room	Introduction and aim of the day
08.45-09.45		Mental Fitness of the Rider
09.45-10.45		Priorities in coaching Jumping
10.45-11.00		Coffee break
11.00-12.30	Arena	A progression of jumping exercises
12.30-13.30		Lunch
13.30-15.30		A progression of jumping exercises (continued)
15.30-15.45		Coffee break
15.45-16.30	Meeting room	Mental Fitness of the Horse
16.30-17.00		Assigning coaching practice tasks and use of session planners
17.00-17.30		Summary of the day's sessions
Day 3		
08.30-08.45	Meeting room	Introduction and aim of the day
08.45-09.30		Review of lesson planners for Dressage
09.30-11.00	Arena	Dressage coaching practice / 3 sessions - 30 min each
11.00-11.15		Coffee break
11.15-12.45	Arena	Dressage coaching practice / 3 sessions - 30 min each
12.45-13.45		Lunch
13.45-14.45	Meeting room	Physical Fitness of the Horse & Rider
14.45-16.15	Arena	Dressage coaching practice / 3 sessions - 30 min each
16.15-16.30		Coffee break
16.30-18.00		A progression of Cross Country exercises
18.00-18.30	Meeting room	Dressage coaching practice feedback
18.45		End of the day
Day 4		
8.30-9.00	Meeting room	Introduction and aim of the day
9.00-10.00	Arena	Lunging theory – Advantages and disadvantages
10.00-10.15		Coffee break
10.15-11.30	Arena	Lunging – practical session (2 horses) / 2 sessions - 30 min each
11.30-13.30		Dressage Coaching practice / 4 sessions - 30 min each
13.30-14.30		Lunch
14.30-16.30		Jumping (or Cross country) Coaching practice / 4 sessions - 30 min each
16.30-16.45		Coffee break
16.45-17.45		Jumping Coaching practice / 2 sessions - 30 min each
17.45-18.30	Meeting room	Overall coaching day feedback
18.45		End of the day
Day 5		
08.30-09.00	Meeting room	Introduction and aim of the day + Review of coaching plans
09.00-10.00		Motivation & Needs of the Horse & Rider
10.00-10.15		Coffee break
10.15-11.00		Review of coaching plans for Jumping
11.00-13.00	Arena	Jumping – Coaching practice / 4 sessions - 30 min each
13.00-14.00		Lunch
14.00-15.30		Jumping - Coaching practice / 3 sessions - 30 min each
15.30-15.45		Coffee break
15.45-16.45	Meeting room	First Aid, Open Book assessment & Logbook
16.45-17.45		Overall coaching feedback
17.45		End of the day / END OF THE COURSE