

Unit Structure

Unit 7: Stage 4 Senior Coaching Eventing

*Where the assessment method states 'trainer endorsement', the criteria is required to be signed off prior to the assessment day. On the assessment day the candidate will be assessed in detail on one or more assessment criteria through a 'viva' process with the assessor to clarify competence.

Learning Outcome	Assessment Criteria	Guidance on the breadth of content that may be covered during assessment. (An ability to consider advantages and disadvantages is expected in addition to technical competence)	Assessment Method
1. Understand how to coach	1.1 Explain techniques used in coaching	Coaching techniques: <ul style="list-style-type: none"> • Behaviour management • Mentoring • Methods of evaluating performance • Motivational techniques • Profiling • Goal setting • Annual development plan 	Trainer endorsement*
	1.2 Explain factors which impact on coaching approaches	Factors: <ul style="list-style-type: none"> • Learning styles • Personalities • Challenges, learner's mind set • Equality and diversity • Environment • Long term participant development 	Trainer endorsement*
2. Be able to coach safely	2.1 Maintain the health, safety and welfare of self, horses and riders	Coaches must risk assess for each coaching session to include: <ul style="list-style-type: none"> • Hazards • Control measures Coaches must demonstrate safe coaching in all sessions, including consideration of: <ul style="list-style-type: none"> • Riding area and surfaces • Equipment • Tack, including balance and suitability of saddle • Suitability of horse and exercises 	Observation and discussion
3. Be able to communicate effectively whilst coaching	3.1 Demonstrate effective communication skills	Effective – relates to each lesson. Communication must be effective in all four coaching lessons. Communication Skills: <ul style="list-style-type: none"> • Voice • Active listening • Mannerisms • Body language • Clarity of explanation • Encouraging and providing feedback 	Observation
Lunge Lesson			
4. Be able to coach a rider on the lunge	4.1 Explain the benefits for riders of working on	Benefits to include: <ul style="list-style-type: none"> • Rider position 	Discussion

	the lunge	<ul style="list-style-type: none"> • Coordination • Balance • Core stability • Develop feel and empathy 	
	4.2 Explain the requirements of a lunge horse	Requirements to include: <ul style="list-style-type: none"> • Balance • Behaviour • Way of going • Quality and suitability of stride • Appropriate for level 	Discussion
	4.3 Assess the suitability of the horse for lungeing	Assessment may include: <ul style="list-style-type: none"> • Walk, trot, canter • Working the horse on both reins • Use of side reins • Suitability for rider 	Observation and discussion
	4.4 Demonstrate a suitable lunge technique	Technique to include: <ul style="list-style-type: none"> • Warming horse up without rider • Assessment of the horse • Choice of size of circle • Handling of equipment • Stance • Authority • Voice • Control 	Observation
	4.5 Assess the rider's strengths and areas for development	Rider to be of Stage 3 level Strengths and areas for development to include consideration of: <ul style="list-style-type: none"> • Rider position • Balance • Coordination • Confidence • Suitability of horse for rider 	Observation and discussion
	4.6 Plan the lesson	As a result of assessment in 4.5, the coach should: <ul style="list-style-type: none"> • Agree aims of lesson with rider • Justify suitable exercises and chosen work to develop the rider 	Observation and discussion
	4.7 Use exercises to improve the rider's position	Exercises may be chosen to: <ul style="list-style-type: none"> • Correct positional faults • Develop feel and empathy • Improve balance (may include; work without stirrups/reins) • Improve lower leg security 	Observation
	4.8 Evaluate the effectiveness of the lesson	Evaluation to include: <ul style="list-style-type: none"> • Reflection on content of lesson • Logical sequence and timing • Delivery • Feedback • Effectiveness of exercises chosen • Identify strategies to improve personal performance 	Discussion
	4.9 Provide a plan for future development	A plan for the development of the rider, to include: <ul style="list-style-type: none"> • Detail of strengths and 	Discussion

		<ul style="list-style-type: none"> weaknesses of rider Suggestions for improvement Action plan including selection of exercises, time frames, goals 	
5. Be able to coach a group of riders using poles	NOT APPLICABLE FOR THIS UNIT		
Group Jump Lesson			
6. Be able to coach a group of riders over fences up to 1m (3ft 3ins)	6.1 Assess horse and rider strengths and areas for development	Riders to be of Stage 3 level To include: <ul style="list-style-type: none"> Rider's underpinning knowledge Rider position and effectiveness Feel and harmony between horse and rider over fences Balance Coordination Confidence Horse technique and jumping skills 	Observation and discussion
	6.2 Coach to improve horse and rider ability and confidence	May include: <ul style="list-style-type: none"> Individual correction and development Application of the aids Relevant exercises to develop horse and rider partnership Transitions Independent and related fences Adapting plan as necessary 	Observation
	6.3 Use exercises to improve horse and rider performances	May include: <ul style="list-style-type: none"> Positional development Improvement to the quality of canter Developing balance and effectiveness of the rider Improvement in the application of the aids Adjusting stride length 	Observation
	6.4 Evaluate the effectiveness of the session	May include: <ul style="list-style-type: none"> Reflection on content of session Logical sequence and timing Delivery Feedback Effectiveness of exercises chosen Identify strategies to improve personal performance 	Discussion
	6.5 Provide a plan for future development	Plan for the development of the riders to include: <ul style="list-style-type: none"> Detail of strengths and weakness of riders Suggestions for improvement Action plan including selection of exercises, time frames, goals 	Discussion

7. Be able to coach a private show jumping lesson in preparation for a 1.10m (3ft 7ins) competition	NOT APPLICABLE FOR THIS UNIT		
8. Be able to coach a semi private lesson using grid work or related fences up to 1m (3ft 3ins)	NOT APPLICABLE FOR THIS UNIT		
Private Dressage Lesson			
9. Be able to coach a private dressage lesson at Elementary level	9.1 Assess the horse and rider's strengths and areas for development	Strengths and areas for development to include consideration of: <ul style="list-style-type: none"> Rider's under pinning knowledge Rider position and effectiveness Balance Coordination Confidence Relationship between horse and rider 	Observation and discussion
	9.2 Coach to improve the rider's and horse's ability and confidence	To include: <ul style="list-style-type: none"> Correction and development Positional development Develop balance and effectiveness of the rider Application of the aids Adapting plan as necessary 	Observation
	9.3 Use exercises to improve rider and horse performance	Exercises may include: <ul style="list-style-type: none"> Simple changes Develop medium paces Developing turn about/on the forehand Rein back Shoulder fore/in Turn about the haunches/pirouettes in walk Direct transitions Counter canter 	Observation
	9.4 Evaluate the effectiveness of the session	May include: <ul style="list-style-type: none"> Reflection on content of session Logical sequence and timing Delivery Feedback Effectiveness of exercises chosen Identify strategies to improve personal performance 	Discussion
	9.5 Provide a plan for future development	Plan for the development of the rider to include: <ul style="list-style-type: none"> Detail of strengths and weakness of rider Suggestions for improvement Action plan including selection of exercises, time frames, goals 	Discussion

Semi Private Arena Eventing Lesson			
10. Be able to coach a semi private arena eventing lesson over fences up to 1.10m (3ft 7ins)	10.1 Assess horse and rider strengths and areas for development	Riders to be at least Stage 3 level To include: <ul style="list-style-type: none"> • Riders' underpinning knowledge • Rider position and effectiveness • Balance • Coordination • Confidence • Horse technique and jumping skills 	Observation and discussion
	10.2 Coach to improve the horse and rider ability and confidence	To include: <ul style="list-style-type: none"> • Individual correction and development • Application of the aids • Relevant exercises to develop horse and rider partnership • Transitions • Independent and related fences 	Observation
	10.3 Use exercises to improve horse and rider performances	Exercises may include: <ul style="list-style-type: none"> • Positional development • Developing the quality of canter • Developing balance and effectiveness of the rider • Application of the aids • Adjusting stride length • Independent and related fences 	Observation
	10.4 Evaluate the effectiveness of the session	May include: <ul style="list-style-type: none"> • Reflect on content of session • Logical sequence and timing • Delivery • Feedback • Effectiveness of exercises chosen • Identify strategies to improve personal performance 	Discussion
	10.5 Provide a plan for future development	Plan for the development of the riders to include: <ul style="list-style-type: none"> • Detail strengths and weaknesses of riders • Suggestions for improvement • Action plan including selection of exercises, time frames, goals 	Discussion
11. Be able to coach a semi private dressage lesson at Novice Level	NOT APPLICABLE FOR THIS UNIT		