

TIMETABLE

TIME/ DATE	PLACE	TIME-TABLE
17 Ogos 2020	DAY 1	
8:00	Meeting Room	Registration of Coaches
8:30		Introduction to coaching and qualities of a good coach
		Create personal file/ IDEA PRINCIPLE
9:00		Plan a coaching lesson
10:00	COFFEE BREAK	
10:15	Meeting Room	SKILL 1/2 : Mounting and Dismounting/ Basic position
		SKILL 3/4 : Rider's Aids/ Stretching Neck forward and down
		SKILL 5/6 : Giving Hands/ Basic paces
		SKILL 7/8 : Transitions/ Turns and Circles
13:00	LUNCH BREAK	
14:00	Arena	SKILL 9/10 : Lateral bend/ Flexion in the poll
		JUMPING SKILL : 1/2 Jumping position/ Trotting poles
15:30		PRACTICAL
		Practice coaching skills 1-10
17:30		Review
18 Ogos 2020	DAY 2	
8:00	Arena	Practice flat and Jumping skills
10:00	COFFEE BREAK	
10:15	Meeting Room	Stable management presentations
		J.SKILL 3/4 5 Phases of the jump/ Simple gymnastic Exercises
13:00	LUNCH BREAK	
14:00	Meeting Room	Continue with stable management and lesson plans
16:00	Arena	Practical coaching exercises
17:30	Meeting Room	Conclusion/ Feedback/ END