

Level 1 Para-Dressage suggested Timetable:

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 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
13.00-14.00	Arena	Compensating Aids in Para Dressage + Equipment (Practical)
14.00-16.00		Coaching Practical Demonstration (Control Paces + Transitions + Figures)
16.00-16.15		Coffee break
16.15-18.00	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		Physical Fitness of the Horse & Rider
09.45-10.45		Mental Fitness of the Rider
10.45-11.00		Coffee break
11.00-12.30	Arena	Coaching Practical Demonstration (Exercises)
12.30-13.30		Lunch
13.30-15.30		Coaching Practical Demonstration (Movements)
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
08.45-09.40		Review of lesson planners
09.40-11.00	Arena	Coaching practice / 4 sessions - 20 min each
11.00-11.20		Coffee break
11.20-12.40	Arena	Coaching practice / 4 sessions - 20 min each
12.45-13.45		Lunch
13.45-14.45	Meeting room	Classification
14.45-15.45	Arena	Coaching practice / 3 sessions - 20 min each
15.45-16.00		Coffee break
16.00-17.00		Coaching practice / 3 sessions - 20 min each
17.00-17.45	Meeting room	Coaching practice feedback
17.45		Assigning coaching practice tasks - End of the day
Day 4		
8.30-9.00	Meeting room	Introduction and aim of the day
9.00-10.00	Arena	Coaching practice / 3 sessions - 20 min each
10.00-10.15		Coffee break
10.15-12.15	Arena	Coaching practice / 6 sessions - 20 min each
12.15-13.30		Lunch
13.30-15.30		Coaching practice / 6 sessions - 20 min each
15.30-15.45		Coffee break
15.45-16.45		Coaching practice / 3 sessions - 20 min each
16.45-17.30	Meeting room	Coaching practice feedback
17.30		Assigning coaching practice tasks - 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		Safety - Risk Management
11.00-13.00	Arena	Coaching practice / 6 sessions - 20 min each
13.00-14.00		Lunch
14.00-15.20		Coaching practice / 4 sessions - 20 min each
15.20-15.45		Coffee break
15.45-16.45	Meeting room	Open Book assessment & Logbook
16.45-17.45		Overall coaching feedback
17.45		End of the day / END OF THE COURSE