

**FEI**  
**Fédération Equestre Internationale**



**FEI Coaching System**  
**(Competition)**

**SYLLABUS**

**Level 3 Coach**  
**Dressage Specialist**



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## Level 3 – Course Profile

<b>Aim:</b>	<ul style="list-style-type: none"> <li>• To work as a Level 3 “specialist” coach for             <ul style="list-style-type: none"> <li>➤ Dressage</li> </ul> </li> <li>• To prepare national junior teams and individuals at international 2* competition level</li> </ul>
<b>Athlete Pathway:</b>	<ul style="list-style-type: none"> <li>• Training to Compete</li> </ul>
<b>Duration of the course:</b>	<ul style="list-style-type: none"> <li>• 6 days</li> </ul>
<b>Entry Requirements for Participants:</b>	<ul style="list-style-type: none"> <li>• No minimum age limit</li> <li>• Level 2 Certificate of Achievement</li> <li>• Positive evaluation by the Tutor responsible during the Level 2 course</li> <li>• Recommendation by NF responsible</li> <li>• Participation in 2 FEI Coaches workshop:             <ul style="list-style-type: none"> <li>➤ The Role of the Coach</li> <li>➤ Tactics &amp; Strategy</li> </ul> </li> <li>• ADeL Coach True Certificate</li> </ul>
<b>Attendance:</b>	<ul style="list-style-type: none"> <li>• 10 participants + 10 Observers</li> </ul>
<b>Procedure of attendance</b>	<ul style="list-style-type: none"> <li>• The FEI Tutor has the final decision on the selection of candidates</li> </ul>
<b>Level:</b>	<ul style="list-style-type: none"> <li>• Jumping: 2** CSIs &amp; CSIOs + Youth Regional &amp; Continental Championships/ Games</li> <li>• Dressage: Prix St Georges + Youth Regional &amp; Continental Championships/Games</li> <li>• Eventing: 2** CCIs/CICs, + Youth Regional &amp; Continental Championships/Games</li> </ul>
<b>Insurance:</b>	<ul style="list-style-type: none"> <li>• Participants must be registered with their NF coach insurance scheme or privately</li> </ul>
<b>Assessment:</b>	<p><b>Assessment procedure during and after the course</b></p> <ul style="list-style-type: none"> <li>• Practical coaching sessions during the course (the candidate will be observed throughout the course and this will be taken into account in the final assessment)</li> <li>• The season logbook, completion of 20 sessions after the course and submission to the FEI during the Assessment.</li> <li>• Preparation of a video of one coaching session 15' (according to the season training plan)</li> </ul>
<b>Material:</b>	<ul style="list-style-type: none"> <li>• Syllabus</li> <li>• Workbook</li> <li>• Season Logbook</li> <li>• Video/DVD</li> </ul>
<b>Certification:</b>	<ul style="list-style-type: none"> <li>• Certificate of Achievement as Level 3 “Specialist” Coach, following Assessment Workshop.</li> </ul>

## **The Sport**

### **UNIT 1 - PRINCIPLES AND RULES**

#### **Goals**

At the conclusion of this unit, the coach will be able to:

- Know and develop in participants, knowledge of the FEI Rules for Dressage events appropriate to Level 3
- Explain the FEI Code for the Welfare of the Horse.

### **UNIT 2 - TACTICS AND STRATEGY**

#### **Goals**

At the conclusion of this unit, the coach will be able to:

For Individuals and Teams

- Develop in participants, knowledge of the principles, practice strategies and tactics related to performance at this level for both individual and team's participation
- Utilize structured observation and analysis techniques for the development of technique, skill, and tactics for both individual and team's participation
- Develop a detailed annual program/plan

### **UNIT 3 - SAFETY (Further to Level 2 Coaching)**

#### **Goals**

At the conclusion of this unit, the coach will be able to:

INDOOR/OUTDOOR ARENAS, HACKING/WORKING in a field

- Devise a Health and Safety statement for Dressage.
- Implement an emergency plan in the event of an accident.
- Be capable of responding appropriately to a first Aid emergency\*.
- Assess the suitability of horses relating to size, weight and ability of the rider.
- Know the importance of professional indemnity and public risk policies.
- Fill out accident reports and maintain an accident register.
- Ensure that the standards of horse and rider are appropriate to the level required in competitions

\*The coach will need a First Aid Safety at work certificate (valid for 3 years).

## UNIT 4 - TECHNIQUES AND SKILLS

### **Goals**

A) At the conclusion of this unit, the coach will be able to:

- Apply the techniques and skills in a range of activities appropriate to the sport and to the developmental stage of the participant for **Dressage**:
  - Up to Prix St George
  - P/J/YR Regional/Continental Championships/Games (teams and Individuals)

B) At the conclusion of this unit, the coach will be able to explain and prioritize:

- (1) Control of Balance:
- (2) Control of Movement
- (3) Control of Direction

of the horse in the 3 gaits ,walk ,trot and canter in training and during competitions.

A total well balanced and independent seat of the rider related to the exercises for advanced level:

- The way of going of the PSG horse
- The sections of the training scale related to level 3
- The natural and artificial aids concerning PSG dressage
- Transitions within the pace or from pace to pace
- Shoulder in
- Travers,
- Renvers,
- Half-pass in trot and canter
- The flying change and flying changes in sequences at 4 and 3 strides.
- Half pirouette at walk and canter
- Preparation for competition up to PSG level including freestyle test.
- Knowledge of the care and welfare of the horse required before, during and after the event.
- Understanding of the horse inspection element of competition at this level.
- Knowledge of the rules and regulations at this level.

## **The Participant Horse and Rider**

### **UNIT 5 - MOTIVES AND NEEDS**

#### **Goals**

At the conclusion of this unit, the coach will be able to:

- Motivate participants to be and remain involved in Dressage with a view to maximising their potential and talent.
- Identify the major stages in growth and development of the participant.
- Promote positive and enjoyable experiences for participant.
- Encourage and acknowledge individual progress of the participant.
- Explain the basic factors that affect learning.
- Help to promote the confidence of the participants.
- Be aware of the importance and limitations of specialisation and competition.
- Explain different approaches required when teaching children and adults of all ages.
- Recognise the role which equestrian sport can play in the total development of the individual.
- Develop in participants the value of team work.

### **UNIT 6 - PHYSICAL FITNESS OF THE RIDER**

#### **Goals**

At the conclusion of this unit, the coach will be able to:

- Implement well-structured warm up and cool down sessions, including pre and post stretching for major muscle groups.
- Explain the level of fitness required for Dressage at Level 3 standard competition.
- Plan programmes for the physical development programme suitable for competitive riders at Level 3 Standard.
- Define the components of fitness that contribute to physical performance.
- Explain the working of the cardio-respiratory, muscular and skeletal systems.
- Explain the rules of WADA

## **UNIT 7 - PHYSICAL FITNESS OF THE HORSE**

### **Goals**

At the conclusion of this unit, the coach will be able to:

- Devise well-structured warm up and cool down sessions and list the major muscle groups which the horse will use under the weight of the rider.
- List the normal T.P.R. of the horse and recognise abnormal changes.
- Assess the condition and fitness level of the horse/pony required for Dressage
- Recognise the good and poor conformation points, and how this can affect performance.
- Devise, conduct and evaluate a specific physical training session.
- Recognise and understand unsoundness.

## **UNIT 8 - MENTAL FITNESS OF THE RIDER**

### **Goals**

At the conclusion of this unit, the coach will be able to:

- Evaluate the mental fitness of the rider before, during and after the competition
- Plan, evaluate and facilitate the mental preparation of the participant, with particular reference to goal setting, motivation and arousal (stimulation).
- Devise a strategy to deal with the different mental requirements of the riders
- Recognise and develop a positive, balanced and realistic attitude to Dressage
- Assess and improve reactions of the participant to winning and losing.
- Recognize and record best performances state so that it can be repeated

## **UNIT 9 - MENTAL FITNESS OF THE HORSE**

### **Goals**

At the conclusion of this unit, the coach will be able to:

- Assess and improve the travelling and stabling conditions of the horse in competition
- Explain senses and instincts of the horse and how they differ from the human senses.
- Manage the mental fitness of the horse both in competition and training
- Explain the body language of the horse and how it affects a training and competition.
- Explain the need for mental relaxation of the horse during and after training and competition.
- Assess the mental fitness of the horse for the work he is required to do.

- Devise, conduct and evaluate a session to reduce stress before, during and after training and competition

## **UNIT 10 - SKILL DEVELOPMENT OF THE RIDER**

### **Goals**

At the conclusion of this unit, the coach will be able to:

- Explain the timescale involved in skill development in Dressage for this level. This should be appropriate to age, ability and frequency of practice, and the need for repetition, progression and re-enforcement.
- Implement the factors which affect learning.
- Identify and implement the difference between participants desire to learn as opposed to their desire to compete.
- Identify the difference between a skilled and unskilled performer and implement a specific training programme to resolve these issues
- Devise, conduct, evaluate and implement appropriate activities based on an understanding of the core principles related to growth and development.

## **UNIT 11 - LIFESTYLE**

### **Goals**

At the conclusion of this unit, the coach will be able to:

- Advise the participants on dealing with drinks, drugs, recreation, family, sponsors, owners, peer relationships, time management, social life, business and administration management and media
- Advise the participants on the understanding and implication of the Wada's rules
- Advise the participants on nutrition, rest and recreation

<b>The Coach</b>
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## **UNIT 12 - ROLE OF THE COACH**

### **Goals**

At the conclusion of this unit, the coach will be able to:

- Apply all the aspects of the FEI code of ethics
- Support the involvement of all riders irrespective of gender, disability, race, religion, or social background
- Further develop the accuracy of the coaches' observation skills with an ability to recognise the factors which influence such observation at this level
- Develop and implement a working strategy based on knowledge of the different approaches to coaching and on personal experience.

- Evaluate the effects of the adopted strategy on the role of the participant.
- Plan, organize, conduct, implement and evaluate sessions including training and competition as part of an annual plan. This will include technical, tactical, mental, physical, lifestyle development at the Train to Compete stages
- Undertake objective analysis of performances using all criteria and methods to provide feedback for selection purposes
- Communicate effectively with participants and other partners in the sporting process.
- Recognise, organize and implement the arrangements for the transition of the participant through the various levels
- Identify overuse, injuries and injury prevention measures which relate to participants at this level
- Provide first aid for a defined range of sport injuries and implement appropriate referral mechanisms
- Have an understanding of the process and time required for rehabilitation from injury for participants
- Explain the legal responsibilities associated with coaching.
- Appreciate the central role of active learning and the need to accommodate for different learning styles
- Employ problem solving techniques for poor performance.
- Encourage riders to participate in Dressage in a fair and ethical way
- Manage the career of the participant in dealing with owners, sponsors, media and equestrian organization
- Have an in-depth knowledge of the way to integrate sport science experts for participants in training and competition at Train to Compete level.

### **UNIT 13 - PLANNING AND APPRAISAL**

#### **Goals**

At the conclusion of this unit, the coach will be able to:

- Plan and implement a period of training, with the emphasis on clearly defined phases.
- Develop, implement and conduct a programme of coaching sessions in the context of an annual plan.
- Conduct formal, positive analysis and appraisal of the participant.
- Conduct effectively the planning for competition and the evaluation phases of participation at Train to Compete level.
- Plan and implement programmes with due regard for safety and the legal and ethical responsibilities of the coach.
- Plan and implement strategies to maintain long-term involvement of participants.

## **UNIT 14 - PRACTICE AND COMPETITION**

### **Goals**

At the conclusion of this unit, the coach will be able to:

- Create a positive environment for both training and competition at Train to Compete level
- Maximise the use of available resources
- Involve and supervise assistants.
- Plan and implement coaching and management strategies for a team and individuals at this level
- Manage the career of the participants, both horse and rider