

FEI COACH EDUCATION PROGRAMME

TIME-TABLE LEVEL 3 COURSE

The FEI Level 3 coaches' course is designed to provide coaches with the capacity to assist competition athletes to train and compete internationally, at 2** Level (Regional/Continental Championships and Games)

Course is open to 10 participants - over 6 days

Day 1:	Place:	Programme:
09.00/09.30	Meeting room	Registration of Coaches / Pre-course questionnaire
10.30/10.45		Coffee break
10.45/12.30	Meeting room	Role of the LEVEL 3 COACH
12.30/13.30		Lunch
13.30/14.30	Meeting room	The Way of going / the training scale
14.30/17.00	Arena	Practical session / technical program
17.00/17.15		Coffee break
17.15/18.00	Meeting room	Review of the day
Day 2:		
09.00/11.00	Meeting room	Mental fitness
11.00/11.15		Coffee break
11.15/13.00	Arena	Practical session / technical program
13.00/14.00		Lunch
14.00/15.30	Meeting room	Training methodology / video support
15.30/17.00	Arena	Practical session / technical program
17.00/17.15		Coffee break
17.15/18.00	Meeting room	Review of the day
Day 3:		
09.00/11.00	Meeting room	Physical fitness of the Sport Horse / Method and Training Scale
11.00/11.15		Coffee break
11.15/13.00	Arena	Practical session / technical program
13.00/14.00		Lunch
14.00/17.00	Arena	Practical session / technical program
17.00/17.15		Coffee break
17.15/18.00	Meeting room	Risk management and Safety organisation / Review of the day
Day 4:		
09.00/11.00	Meeting room	Skill development - Rider and Horse
11.00/11.15		Coffee break
11.15/13.00	Arena	Coaching practice / 5 coaches -30 min each
13.00/14.00		Lunch
14.00/16.30	Arena	Coaching practice / 5 coaches -30 min each
16.30/16.45		Coffee break
16.45/17.30	Meeting room	Summary of the day's sessions and sessions evaluation
17.30/18.00	Meeting room	Review of coaching practice and assignments
Day 5:		
09.00/10.30	Meeting room	Riders Case studies / Coach and Rider relation
10.30/10.45		Coffee break
10.45/12.30	Arena	Coaching practice / 5 coaches-30 min each
12.30/13.30		Lunch
13.30/16.00	Arena	Coaching practice / 5 coaches-30 min each
16.00/16.15		Coffee break
16.15/17.00	Meeting room	Clean Sport / Anti-Doping
17.00/18.00	Meeting room	Review of coaching practice and assignments
Day 6:		
09.00/10.00	Meeting room	Planning of Training / Methods and tools
10.00/10.15		Coffee break
10.15/12.30	Arena	Coaching practice / 5 coaches-30 min each
12.30/13.30		Lunch
13.30/15.30	Arena	Coaching practice / 5 coaches-30 min each
15.30/15.45		Coffee break
16.00/16.30	Meeting room	Review of coaching practice and assignments
16.30/18.00	Meeting room	Conclusion of the course / Course feedback / End of the course