

FEI
Fédération Equestre Internationale



FEI Coaching System
(Competition)

SYLLABUS

LEVEL 2
OLYMPIC DISCIPLINES



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Level 2 Olympic Disciplines

Aim:	<ul style="list-style-type: none"> To work as an independent coach Coach for competition
Duration of the course:	<ul style="list-style-type: none"> 6 days without Eventing module 7 days with Eventing module
Entry Requirements for Participants:	<ul style="list-style-type: none"> 21 years old and over Selected by their NF Completion of an FEI Level 1 Course Completion of the Logbook Level 1 Coach Curriculum Have a First Aid Safety certificate (suggestion)
Attendance:	<ul style="list-style-type: none"> 11 participants + 1 Wild Card + Observers, i.e. 11 candidates + 1 Wild Card utilized by the FEI. If the Wild Card is not used, the free space will be given to another applicant.
Level:	<ul style="list-style-type: none"> Jumping: 1.20 – 1.30 m Dressage: Medium/Advanced Eventing: 1* up to 2**
Insurance:	<ul style="list-style-type: none"> Participants must be registered with their NF coach insurance scheme or privately
Assessment:	<p>Assessment procedure during and after the course</p> <ul style="list-style-type: none"> Pre-course questionnaire. Mid-course questionnaire. Practical coaching sessions during the course Logbook, completion of 15 sessions after the course and submission to the FEI within 3 months.
Certification:	<ul style="list-style-type: none"> Certificate of Achievement upon positive evaluation of the log book by the Tutor
Evaluation of the Course:	<ul style="list-style-type: none"> By the Tutor By the Coaches
Evaluation sheets and Report	<ul style="list-style-type: none"> To be sent to the FEI by the Tutor

The Sport

PRINCIPLES AND RULES

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

- Know and develop in participants, knowledge of the rules of the different equestrian sports.
- Explain the FEI code for the welfare of horses.

TACTICS AND STRATEGY

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

- Develop in participants, knowledge of the principles, practice strategies and tactics related to performance at this level.
- Utilize structured observation and analysis techniques for the development of technique, skill, and tactics.

SAFETY **(further to Level 1 Coaching)**

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

- Assess the suitability of horses relating to size, weight and ability of the rider.
- Implement an emergency plan in the event of an accident.
- Fill out accident reports and maintain an accident register.
- Explain the importance and various types of insurance.
- Take appropriate steps to protect against possible negligence claims.

TECHNIQUES AND SKILLS

At the conclusion of this course, 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 :

A) Dressage, Senior I and II (Medium/Advanced)

B) Jumping, Amateur 1.20m; Novice Speed

C) Eventing: 3 Day Event 1*

A) Dressage

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

- The key points of the basic position for flatwork and jumping
- The way of going of the horse
- The sections of the training scale related to Level 2
- The tempo of the paces of the horse specific for Level 2
- Direct transitions from one pace to second next pace
- Transitions within a pace
- Shoulder-In
- Half Pass
- Travers
- Renvers
- Half-Pirouette at walk
- Rein Back
- Straightness
- Collection
- Flying Change of Leg
- Use of the double bridle
- Preparation for competition at Senior level (Medium/Advanced)

B) Jumping

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

- A balanced, secure and effective position over fences up to 1.20 meter.
- The ability to keep the horse under control.
- How to set out poles, distances and lines and the reasons for using them.
- How to built combinations
- Going against the clock's guidelines
- How to maintain a secure and balanced seat over poles, grids, single fences and combinations in trot and canter.
- The ability to trot to a fence at this level.
- The ability to shorten a horse's stride (add a stride on a distance).
- Distances/strides and how to walk a course.

C) Eventing

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

- A balanced position of the rider
- How to control the rider's balance over different types of courses depending on the shape of the obstacles
- How to vary the approaches over a same shape of obstacles by modifying the lengthening of paces and the balance of the horse
- How to control the approach of different types of obstacles
- How to use the rider's balance to vary the approach
- How to control the straightness over narrow obstacles
- How to control the straightness over arrowhead obstacles (angles/corners)
- How to control the straightness over a sequence of narrow or arrowhead obstacles
- How to analyse the fitness of the horse
- How to anticipate it
- How to manage it
- How to adapt the speed, jumps, options to the weather conditions and to the ground conditions

The Participant Horse and Rider

MOTIVES AND NEEDS

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

- Motivate participants to be and remain involved in equestrian sport 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 effect learning.
- Help to promote the confidence of the participants.
- Be aware of the dangers of early 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.

PHYSICAL FITNESS OF THE RIDER

At the conclusion of this course, 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 the different equestrian sports for Level 2 standard competition.
- Plan programmes for the physical development programme suitable for competitive riders at Level 2 Standard.
- Define the components of fitness that contribute to physical performance.
- Explain the working of the cardio-respiratory, muscular and skeletal systems.

PHYSICAL FITNESS OF THE HORSE

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

- Plan well-structured warm up a 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 the different equestrian sports.
- Recognise the good and poor conformation points, and how this can affect performance.
- Plan, conduct and evaluate an interval training session.
- Plan, conduct and evaluate a speed session.
- Recognise and understand unsoundness.

MENTAL FITNESS OF THE RIDER

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

- Plan and facilitate the mental preparation of the participant, with particular reference to goal setting, motivation and arousal (stimulation).
- Recognise and develop a positive, balanced and realistic attitude to equestrian sports.
- Assess reactions of the participant to winning and losing.
- Tabulate personal “Bests” and the conditions which produced them.

MENTAL FITNESS OF THE HORSE

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

- Explain senses and instincts of the horse and how they differ from the human senses.
- Recognise the dominant herd instinct and its affects.
- Explain the body language of the horse and how it effects a training session.
- Explain the need for mental relaxation of the horse during and after exercise.
- Assess the suitability of the horse for the work he is required to do.
- Plan, conduct and evaluate a session to reduce exercise and post exercise stress.

SKILL DEVELOPMENT OF THE RIDER

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

- Explain the timescale involved in skill development in equestrian sports, appropriate to age and ability and frequency of practice, and the need for repetition and re-enforcement.
- Explain the basic factors which affect learning.
- Identify the difference between participants desire to learn as opposed to their desire to compete.
- Identify the difference between a skilled and unskilled performer.
- Plan, conduct and evaluate appropriate activities based on an understanding of the core principles related to growth and development.

SKILL DEVELOPMENT OF THE HORSE

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

- Explain how horses learn understand and memorize.
- Explain the timescale in skill development in the different equestrian sports, appropriate to the temperament, age, ability and conformation of the horse.
- Plan, conduct and evaluate appropriate activities based on an understanding of the core principles related to growth and development of the horse.

The Coach

ROLE OF THE COACH

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

- Develop a working philosophy based on knowledge of the different approaches to coaching and on personal experience.
- Identify the effects of the adopted philosophy on the role of the participant.
- Communicate effectively with participants and other partners in the sporting process.
- Recognise the need to make arrangements for the transition of the participant beyond national level.

- Identify overuse injuries and injury prevention measures which relate to children, adults and horses.
- 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 horse and participant.
- Explain the legal responsibilities associated with coaching.
- Further develop observation skills with an ability to recognise the factors which influence such observation.
- Appreciate the central role of active learning and the need to accommodate for different learning styles.
- Employ problem solving techniques for poor performance.

PLANNING AND APPRAISAL

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

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

PRACTICE AND COMPETITION

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

- Create a positive environment for both practice and performance.
- Maximise the use of available and potentially available resources.
- Involve and supervise assistants.