

FEI
Fédération Equestre Internationale



FEI Coaching System
(Competition)

SYLLABUS

LEVEL 2
VAULTING



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Level 2 Vaulting

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
Entry Requirements for Participants:	<ul style="list-style-type: none"> Coaches will have successfully completed the Level 1 course for Vaulting Coaches Positive evaluation of Level 1 Log book 18 years old and over and follow National Federation requirements Have be recommended by the their NF Participants must have a valid First Aid at Work or Equine Specific First Aid certificate
Attendance:	<ul style="list-style-type: none"> 12 participants + 10 observers (max)
Participants:	<ul style="list-style-type: none"> Must be registered with their NF
Level:	<ul style="list-style-type: none"> Vaulting: CVI1* to CVI2*
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 12 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 Tutor By 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.

SKILLS

Vaulting

At the conclusion of this unit, the Level 2 coach will be able:

- To coach exercises as required in the Compulsory 2 Test.
- To put together a freestyle

The freestyle section of the Level 2 Course is divided into three modules designed to develop and train a Vaulters in a progressive and systematic way up to the level 1* vaulting competitions..

- **Module A:**
 - Know and understand the components of the Technique Score.
 - Understand how the Technique score is judged and how to coach the greatest improvement for your Vaulters at 1* and 2* level.
- **Module B:**
 - Know freestyle exercises from different structure groups - see "Code of Points".
 - Know which exercises are associated with which exercise groupings - see C1 Artistic score.
 - Know and understand the different positions and directions on the Horse - see C2.
- **Module C**
 - Put together a freestyle for an individual, Pas de Deux and/or for a Squad.

Lunging

At the end of the session, the coach will be able to:

- Know and understand the horses "Way of Going" (paces)
- Explain the points of the "Training Scale"
- Demonstrate the correct principals and method of lunging

Practical

- Keep a trained horse under control.
- Lunging exercises:
 - As part of the horses physical fitness training
 - To improve the Horse's Way of Going
 - Lunging a Vaulters for Compulsories and Freestyle for Competition

The Participant Horse and Vaulters/ Lunge

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 VAULTER

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 vaulters 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 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 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 VAULTER

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 VAULTER

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.