

Level 1 Vaulting Course for Coaches Timetable (suggested):

Day 1	Place	TIME-TABLE
09.00-09.15	Meeting room	Registration of Coaches / Coffee on arrival
09.15-09.30		Introduction and aims of the FEI Level 1 Coaches' Course
09.30-10.30		Skill development of the Vaultler and Horse
10.30-10.45		Coffee break
10.45-12.00	Meeting room	Vaulting Theory / The Way of Going
12.00-13.15	Arena	Priorities in coaching Vaulting (Practical) - progression of excercises
13.15-14.00		Lunch
14.00-15.30	Arena	Vaulting Coaching (Practical)
15.30-15.45	Meeting room	Coffee break
15.45-16.30		Role & Skills of the Level 1 Coach
16.30-17.30		Summary of the day and end of the day
Day 2		
09.00-09.15	Meeting room	Introduction and aim of the day
09.15-10.15		Mental Fitness of the Vaultler
10.15-11.15		Priorities in coaching Vaulting
11.15-11.30		Coffee break
11.30-13.00	Arena	A progression of Vaulting exercises
13.00-13.45		Lunch
13.45-15.45	Arena	A progression of Vaulting exercises (continued)
15.45-16.00	Meeting room	Coffee break
16.00-16.30		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		
09.00-09.15	Meeting room	Introduction and aim of the day
09.15-10.00		Review of lesson planners for Vaulting
10.00-11.00	Arena	Vaulting coaching practice / 2 sessions - 30 min each
11.00-11.15		Coffee break
11.15-12.45	Arena	Vaulting coaching practice / 3 sessions - 30 min each
12.45-13.30		Lunch
13.30-14.30	Meeting room	Physical Fitness of the Horse & Vaultler
14.30-15.30	Arena	Vaulting coaching practice / 2 sessions - 30 min each
15.30-15.45		Coffee break
15.45-17.45	Arena	Lunging practice / 4 sessions - 30 min each
17.45-18.15	Meeting room	Vaulting coaching feedback and end of day
Day 4		
09.00-09.15	Meeting room	Introduction and aim of the day + Review of coaching plans
09.15-10.15		Motivation & Needs of the Horse & Vaultler
10.15-11.00		Review of coaching plans for Vaulting
11.00-11.15		Coffee break
11.15-13.15	Arena	Vaulting coaching practice / 4 sessions - 30 min each
13.15-14.00		Lunch
14.00-15.30		Vaulting coaching practice / 3 sessions - 30 min each
15.30-15.45		Coffee break
15.45-16.45	Meeting room	First Aid, Open Book assessment & Logbook
16.45-17.45		Overall coaching feedback
17.45		End of the day / END OF THE COURSE