

## **Suggested Timetable Level 2 Vaulting course:**

<b>Day 1</b>	<b>Place</b>	<b>TIMETABLE</b>
09.00-09.30	Meeting room	Registration of Coaches – Pre-Course Questionnaire
09.30-10.15		Theory Level 2 – Lunging
10.15-10.30		<b>Coffee Break</b>
10.30-12.30	Arena	Lunging Demonstration
12.30-13.30		<b>Lunch</b>
13.30-14.00	Meeting room	Skill development – Horse & Rider
14.00-15.00		Theory Compulsory exercises 1 to 4 (Vault On to Mill)
15.00-17.00	Arena	A progression of Vaulting exercises - Compulsory (1 to 4)
17.00-17.15		<b>Coffee Break</b>
17.15-18.00	Meeting room	Summary & Session Evaluation / End of the day
<b>Day 2</b>		
09.00-09.15	Meeting room	Pre-Course Questionnaire Review
09.15-10.30		Theory Compulsory exercises 5 to 8 (Scissors to Landing)
10.30-10.45		<b>Coffee Break</b>
10.45-12.45	Arena	A progression of Vaulting exercises - Compulsory (5 to 8)
12.45-13.30		<b>Lunch</b>
13.30-14.30	Meeting room	Mental Fitness
14.30-15.15		Theory Freestyle
15.15-17.15	Arena	A progression of Vaulting exercises - Freestyle
17.15-17.30		<b>Coffee Break</b>
17.30-17.45	Meeting room	Summary of the day's Session
17.45-18.00		Session Evaluation - Assignments / End of day
<b>Day 3</b>		
09.00-10.00	Meeting room	Mid-Course Questionnaire
10.00-10.15		<b>Coffee Break</b>
10.15-13.15	Arena	Coaching practice - 6 Coaches @ 30 minutes each
13.15-14.00		<b>Lunch</b>
14.00-14.30	Meeting room	Role of the Coach
14.30-17.30	Arena	Coaching practice - 6 Coaches @ 30 minutes each
17.30-17.45		<b>Coffee Break</b>
17.45-18.15	Meeting room	Review of Coaching practice & Assignments / End of day
<b>Day 4</b>		
09.00-09.30	Meeting room	Mid-Course Questionnaire Review
09.30-10.00		Motivations and Needs
10.00-10.15		<b>Coffee Break</b>
10.15-13.15	Arena	Coaching practice - 6 Coaches @ 30 minutes each
13.15-14.00		<b>Lunch</b>
14.00-15.00	Meeting room	Physical Fitness – Athlete & Horse
15.00-16.30	Arena	Coaching practice - 3 Coaches @ 30 minutes each
16.30-16.45		<b>Coffee Break</b>
16.45-18.15		Coaching practice - 3 Coaches @ 30 minutes each
18.15-18.45	Meeting room	Review of Coaching practice & Assignments / End of day
<b>Day 5</b>		
09.00-10.00	Meeting room	Clean Sport
10.00-10.15		<b>Coffee Break</b>
10.15-13.15	Arena	Coaching practice - 6 Coaches @ 30 minutes each
13.15-14.00		<b>Lunch</b>
14.00-15.00	Meeting room	The Sport & Safety
15.00-16.30	Arena	Coaching practice - 3 Coaches @ 30 minutes each
16.30-16.45		<b>Coffee Break</b>
16.45-18.15		Coaching practice - 3 Coaches @ 30 minutes each
18.15-18.45	Meeting room	Review of Coaching practice & Assignments / End of day
<b>Day 6</b>		
09.00-10.00	Meeting room	Safeguarding
10.00-10.15		<b>Coffee Break</b>
10.15-13.15	Arena	Coaching practice - 6 Coaches @ 30 minutes each
13.15-14.00		<b>Lunch</b>
14.00-17.00	Arena	Coaching practice - 6 Coaches @ 30 minutes each
17.00-17.15		<b>Coffee Break</b>
17.15-18.00	Meeting room	Review of Coaching practice & Course review
18.00-18.30		Conclusion of the course + feedback / <b>END OF THE COURSE</b>