

## English Competition Coach Specialist Lesson Topics

### **Dressage Topics IMPROVE/DEVELOP:**

- Rein back
- Counter canter
- The horse's engagement & collection at trot and/or canter
- Non-progressive transitions (Canter to walk/walk to canter/trot to halt/halt to trot)
- Medium canter
- Shoulder-in
- Half halt
- 10m circles
- Travers
- Renvers
- ½ turn on the haunches

### **Jumping Topics IMPROVE/DEVELOP:**

- Riding a line of two fences set as a broken line
- Riding a line with optional striding, i.e. ride 60' line in 5 or 4
- Picking up the correct lead over a fence
- An automatic or out of hand release
- Jumping fences on an angle
- Adding a stride on a line
- Riding a line vertical to oxer & oxer to vertical
- Riding a roll back turn to a fence
- A horse's jumping form through a gymnastic
- Canter on an oxer off a long approach

### **Eventing Topics IMPROVE/DEVELOP:**

- Galloping at speeds (400/450/520 mpm)
- Riding a bank/step up
- Riding a drop/step down
- Riding a ditch
- Jumping in and out of water
- Riding a Coffin Jump
- Riding a Corner Jump
- Riding a skinny or narrow fence
- Riding an Arrowhead
- Jumping fences on an uphill/downhill grade
- Riding a hilltop jump
- Riding a combination