

Competition Coach Lesson Topics



English – Flat Only

1 Flat Lessons to IMPROVE / PRACTICE a skill already introduced

IMPROVE (group of 3-4 riders):

1. Progressive transitions
2. Riding a horse on contact between leg and hand
3. Change of lead through trot
4. Lengthen stride at the walk and trot
5. Lengthen stride at the canter
6. A 3-loop serpentine
7. Leg-yield
8. The horse's lateral suppleness
9. 15m circles

English – with Jumping – Choose 1 topic from EACH list below.

1 Flat Lesson plan to IMPROVE / PRACTICE a skill already introduced

IMPROVE (group of 3-4 riders):

1. Progressive transitions
2. Riding a horse on contact between leg and hand
3. Change of lead through trot
4. Lengthen stride at the walk and trot
5. Lengthen stride at the canter
6. A 3-loop serpentine
7. Leg-yield
8. The horse's lateral suppleness
9. 15m circles

1 Jump Lesson plan to IMPROVE/PRACTICE a skill already introduced

IMPROVE (group of 3-4 riders):

1. Riding a line of two fences with a related distance
2. Riding a turn to a fence on the diagonal
3. Riding a combination (1 or 2 non-jumping strides)
4. Stride control – Example: add a stride in a 4 - stride line
5. Riding a gymnastic of three or more elements using a crest release
6. Riding a single oxer on the diagonal

Western – Choose 2 topics from list below.

1 Lesson plan to IMPROVE horse and rider skill in a Rail Lesson

IMPROVE (group of 3-4 riders, one hand):

1. Speed control (Pace Control)
2. Collection
3. Progressive upward & downward transitions
4. Rider position
5. Non-progressive upward & downward transitions
6. Spacing in a group
7. Stop
8. Back-up

1 Lesson plan to IMPROVE horse and rider skill in a Maneuvers Lesson

IMPROVE (1 rider, may use 2 hands):

1. Turn on the haunch
2. Turn on the forehand
3. Circles (large & small, fast & slow)
4. Side-pass
5. Two track (jog)
6. Simple lead change through jog
7. Stop
8. Back-up
9. Progressive upward & downward transitions
10. Non-progressive upward & downward transitions