



COACHING PROGRAM LESSON PLAN

Prepared by: _____ Discipline: _____

Date: _____ Time: _____ Location: _____

| | | |
|---|--|-----------------|
| Stage of Rider Development (Circle one) Initiation Acquisition Consolidation | Number of Riders and Ages | Age of Horse(s) |
| LTED Stage: | Stage of Competition Season (if applicable): | |
| Rider Background: | Preparation: | |
| Lesson Topic: Immediate Goal: Long Term Goal: | Specific Objectives/ Key Elements: (Skills needed for the riders to manage a logical progression to reach the goal) | |

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|-----------------------|-------------------------|
| Equipment List | Diagram of Arena Set Up |
| | |
| Safety Considerations | |
| | |

| Lesson Segments and Timelines | |
|-------------------------------|-----------------------|
| Introduction | Approximate Timeline: |
| Warm-Up | Approximate Timeline: |
| Explanation | Approximate Timeline: |



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| Demonstration | Approximate Timeline: |
| Activity/Progression #1 Goal/Key Point: | Approximate Timeline: |
| Activity/Progression #2 Goal/Key Point: | Approximate Timeline: |
| Activity/Progression #3 Goal/Key Point: | Approximate Timeline: |
| Cool Down (if appropriate) | Approximate Timeline: |
| Conclusion | Approximate Timeline: |