

## LEVEL ONE DRESSAGE COACH COURSE (L1D)

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The EFA NCAS Level One Dressage Coach course (L1D) is designed to provide the candidate with the essential skills and knowledge to offer equestrian coaching in a safe and nurturing environment. This course provides the coach with the knowledge to teach and develop a learner's skills to participate within Equestrian Sport, from beginner levels through to Elementary-level EFA Dressage.

In essence this course will provide the cornerstone by which an equestrian coach will develop and build their future skills and knowledge to be an effective coach.

The EFA recognises that coaches are not educated and developed through theoretical training, but more so by doing and performing. The blending of these experiences is paramount for the coach to effectively service the need of learners and to introduce them into equestrian sport pursuits.

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## L1D COACHING COURSE OVERVIEW

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The L1D course is segmented into four core units of study, each of which consists of a series of competencies that the candidate must attain as part of the successful completion of this course.

The units of study and the competencies within are listed below.

### **Unit 1 Safety and Risk Management**

- 1.1 Assess the suitability of an area for training in poles and grids.
- 1.2 Adapt training sessions/jumping equipment to match horse and rider abilities/temperament

### **Unit 2 Professional Coaching Principles**

#### **PART A: NCAS Structure**

- 2a.1 Discuss where to acquire information and resources to further one's professional development
- 2a.2 Discuss the structure of the EFA NCAS and the function of the ASC in this program
- 2a.3 Discuss annual EFA NCAS coach registration and updating activities
- 2a.4 Understand the benefits of EFA NCAS accreditation
- 2a.5 Advise the public on the benefits of using EFA-accredited coaches

#### **PART B: Coaching Principles**

- 2b.1 Demonstrate professional coaching behaviour
- 2b.2 Discuss when/how coaching style and lesson content can be altered to facilitate performance
- 2b.3 Discuss teaching skills to intermediate-level riders
- 2b.4 Discuss the use of demonstrations

#### **PART C: Coaching Groups**

- 2c.1 Adapt coaching style and content to facilitate group (4-6) training for riders at entry-level EFA competition standard

### **Unit 3 Physiology and Psychology of the Rider**

- 3.1 Explain the basic anatomy and body systems of the rider
- 3.2 Describe and discuss the energy systems of the rider
- 3.3 Discuss the developmental stages of the rider
- 3.4 Discuss the special considerations for differences between the male and female rider
- 3.5 Discuss the 5 components of fitness
- 3.6 Discuss basic factors that can be counter-productive to a rider's performance
- 3.7 Discuss fear or nervousness in the rider

### **Unit 4 Equestrian Coaching Experiences**

#### **PART A: The Upright Seat**

- 4a.1 Teach the upright seat at all gaits
- 4a.2 Teach riders to work without stirrups in walk, trot and canter
- 4a.3 Teach exercises to improve the position

#### **PART B: Use of Aids**

- 4b.1 Teach the correct use of aids (natural and auxiliary)
- 4b.2 Teach the correct use of the half-halt
- 4b.3 Discuss the different weight aids and their uses
- 4b.4 Discuss the different leg aids and their uses
- 4b.5 Discuss the different rein aids and their uses

#### **PART C: The Paces (Gaits)**

- 4c.1 Teach the footfalls of the paces
- 4c.2 Teach and coach the warm-up and cool-down
- 4c.3 Teach the halt, walk, trot and canter with the horse on the bit, plus rein back
- 4c.4 Teach the variations of the paces as used in Elementary Dressage tests
- 4c.5 Identify and correct common problems in the paces

#### **PART D: Tracks, Figures and School Movements**

- 4d.1 Progressively teach/coach the movements and tracks up to a Elementary Dressage level
- 4d.2 Plan sequential lessons to develop riding skills to achieve Elementary Dressage standards

#### **PART E: Turn on the Forehand and Leg Yield**

- 4e.1 Teach/coach the turn on the forehand from halt and walk
- 4e.2 Teach/coach the leg yield in walk and trot (rising and sitting)

#### **PART F: EFA Dressage Competition**

- 4f.1 Demonstrate an applied knowledge of the EFA rules for Dressage
- 4f.2 Discuss considerations for horse and rider preparation for competition

#### **PART G: Poles, Grids and Gymnastic Exercises**

- 4g.1 Teach and coach the 3- and 2-point seats for jumping
- 4g.2 Teach and coach progressive gymnastic exercises
- 4g.3 Demonstrate and discuss reasons for adjusting distances and for using placing poles
- 4g.4 Demonstrate coaching riders in open areas and on undulating terrain

#### **PART H: Ride an Unknown Horse**

- 4h.1 Teach and coach how to ride an unknown horse

#### **PART I: Lunge a Rider to Improve Position**

- 4m.1 Lunge a rider using exercises to improve position