

LEVEL ONE GENERAL COACH COURSE (L1G)



The EFA NCAS Level One General Coach course (L1G) 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, at beginner levels across; showjumping, eventing and 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.

L1G COACHING COURSE OVERVIEW

The L1G 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 & Risk Management

- 1.1 Assess the suitability of an area for training in: poles and grids, jumping, cross-country
- 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 & 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 pertaining to 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 Novice 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 Novice Dressage level
- 4d.2 Plan sequential lessons to develop riding skills to achieve Novice Dressage standards

PART E: Turn on the Forehand & 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 & 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

PART H: Jumping

- 4h.1 Teach and coach the warm-up and cool-down
- 4h.2 Teach and coach a rider to jump single fences, related fences and combinations
- 4h.3 Teach and coach a rider to negotiate a course with a variety of 8-10 fences up to 90cms

PART I: EFA Jumping Competition

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

PART J: Cross-Country

- 4j.1 Teach and coach the warm-up and cool-down
- 4j.2 Teach and coach correct riding over different terrain and a variety of fences
- 4j.3 Teach and coach a rider to negotiate a course with a variety of 6-8 fences up to 80cms

PART K: EFA Eventing Competition

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

PART L: Ride an Unknown Horse

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

PART M: Lunge a Rider to Improve Position

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