

LEVEL TWO EVENTING COACH COURSE (L2E)



The EFA NCAS L2E is designed to provide the candidate with the essential skills and knowledge to offer advanced principles of Eventing coaching, in a safe environment. This course provides the coach with the knowledge to teach and develop a horse and rider's skills to participate in Eventing competitions at FEI CCI**/CNC** standard.

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 developing riders and horses and introduce them into equestrian sport pursuits.

L2E COACH COURSE OVERVIEW

The L2E course is segmented into seven (7) 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 The EFA NCAS Structure and Professional Issues

- 1.1 Understand the EFA/NCAS structure and the roles of the Level Two coach
- 1.2 Discuss where to acquire information and resources to further one's professional development
- 1.3 Understand the policies of the EFA, FEI and other governing authorities

Unit 2 Safety

- 2.1 Recognise the characteristics of a safe equestrian centre
- 2.2 Assess the suitability of an area/facility for a particular equestrian activity
- 2.3 Assess the suitability of an area for training in: poles and grids, jumping, cross-country
- 2.4 Identify and define duty of care, negligence and liability
- 2.5 Identify different types of insurance cover and discuss the EFA's insurance coverage
- 2.6 Identify the elements of risk management and develop a risk management plan for your facilities

Unit 3 Equestrian Coaching Environment

- 3.1 Demonstrate an understanding of the functions an Equestrian coach may be expected to fulfil
- 3.2 Demonstrate an understanding of; planning, time management and goal setting as needed by a coach

- 3.3 Demonstrate an understanding of the essential considerations for the 'Coaching Process'
- 3.4 Identify and demonstrate effective communication techniques for the equestrian environment
- 3.5 Demonstrate understanding of the essential considerations relating to the teaching/coaching of skills
- 3.6 Understand aspects relating to physiology, psychology and fitness of the rider
- 3.7 Discuss appropriate warm-up and cool-down procedures for all Eventing phases
- 3.8 Understand the aspects of Rider and Horse Competition Planning

Unit 4 Eventing Coach – Dressage

- 4.1 Understand and demonstrate standard practices and ride organisation
- 4.2 Teach and coach the seat and aids to ride and train horses to EFA Elementary and FEI CIC**/CCI** Dressage
- 4.3 Teach and coach the principles of the German Training Scale required up to and including EFA Elementary and FEI CIC**/CCI** dressage
- 4.4 Teach and coach a range of classical and effective training exercises for the improvement of the horses training to FEI CIC**/CCI** level in line with the German Training Scale
- 4.5 Teach the biomechanics of paces and movements
- 4.6 Incorporate appropriate cross training methods into programs

Unit 5 Eventing Coach – Jumping

- 5.1 Standard practices and ride organisation
- 5.2 Teach the biomechanics of paces and movements
- 5.3 Teach and coach use of poles and grids to FEI CIC**/CCI** level
- 5.4 Teach and coach jumping over single fences, combinations, related fences and courses to FEI CIC**/CCI** level
- 5.5 Teach how to build fences for indoor and outdoor use suitable for the progressive training of horses to FEI CIC**/CCI** level
- 5.6 Teach walking a range of courses, minimum 3

Unit 6 Eventing Coach – Cross-country

- 6.1 Standard practices and ride organisation
- 6.2 Advise on the use of additional equipment for schooling and competition
- 6.3 Teach the biomechanics of paces and movements
- 6.4 Teach riding and training over a variety of 10 to 12 cross-country fences, to FEI CIC**/CCI** level
- 6.5 Teach and coach walking a range of courses, minimum 3
- 6.6 Teach and coach a range of appropriate warm-up and cool-down procedures for competition horse

Unit 7 Lunge a rider to improve position

- 7.1 Demonstrate a range of progressive exercises to improve the rider's balance, posture and position