

LEVEL TWO JUMPING COACH COURSE (L2J)



The EFA NCAS L2J is designed to provide the candidate with the essential skills and knowledge to offer advanced principles of Jumping 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 Jumping competition up to 1.30m.

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.

L2J COACH COURSE OVERVIEW

The L2J course is segmented into six (6) 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
- 2.1 Assess the suitability of an area/facility for a particular equestrian activity those
- 2.2 Assess the suitability of an area for training on the flat and for poles and grids
- 2.3 Identify and define duty of care, negligence and liability
- 2.4 Identify different types of insurance cover and discuss the EFA's insurance coverage
- 2.5 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 for coaches

- 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 Jumping
- 3.8 Understand the aspects of Rider and Horse Competition Planning

Unit 4 Jumping Coaching - Dressage

- 4.1 Standard practices and ride organisation
- 4.2 Teach and coach the seat and aids to ride and train paces and transitions from Preliminary to Elementary Dressage
- 4.3 Teach and coach the seat and aids to ride and train figures and movements from Preliminary to Elementary Dressage
- 4.4 Teach and coach the principles of the Training Scale as it applies up to EFA Elementary Dressage
- 4.5 Teach the biomechanics of paces and movements
- 4.6 Incorporate appropriate cross-training methods into programs

Unit 5 Jumping Coaching – Jumping

- 5.1 Standard practices and ride organisation
- 5.2 Advise on the use of additional equipment for schooling and competition
- 5.3 Teach the biomechanics of paces and movements
- 5.4 Teach and coach use of poles and grids
- 5.5 Teach and coach jumping over single fences, combinations, related fences and courses to 1.30m
- 5.6 Teach how to build fences for indoor and outdoor use suitable for the progressive training of horses to 1.30m
- 5.7 Teach walking a range of courses, minimum 3

Unit 6 Lunge a rider to improve position

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