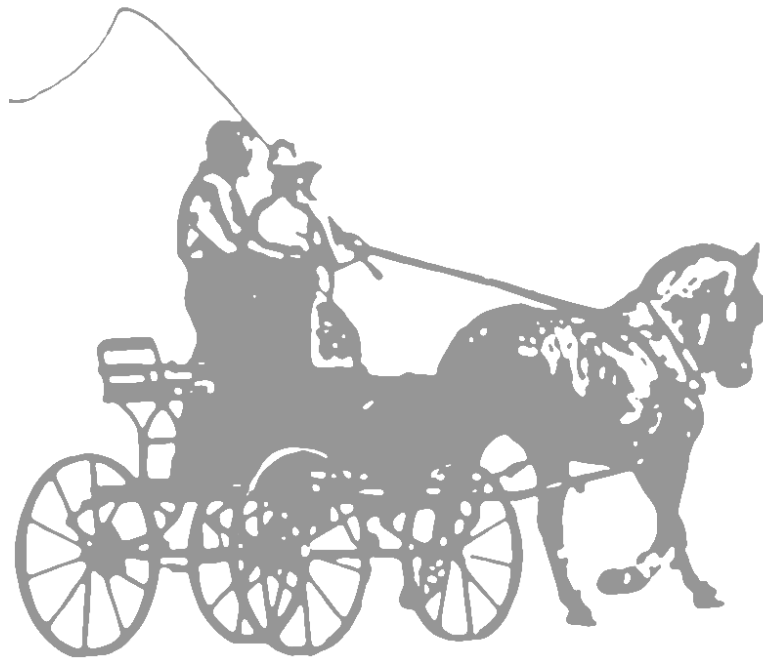


# LEVEL ONE CARRIAGE DRIVING COACH COURSE

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## COURSE OVERVIEW

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The L1CDC 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**

At the end of this unit the candidate will be able to:

- 1.1 Assess the suitability of an area for training
- 1.2 Adapt training sessions to match horse and driver abilities/temperament

### **UNIT 2 PROFESSIONAL COACHING PRINCIPLES**

#### PART A: NCAS Structure

At the end of this unit the candidate will be able to:

- 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 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

At the end of this unit the candidate will be able to:

- 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 drivers
- 2b.4 Discuss the use of demonstrations

### **UNIT 3 PHYSIOLOGY AND PSYCHOLOGY OF THE DRIVER**

At the end of this unit the candidate will be able to:

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

### **UNIT 4 EQUESTRIAN COACHING EXPERIENCES**

#### PART A: The Coach in Action

At the end of this unit the candidate will be able to:

- 4a.1 Teach driving at all gaits
- 4a.2 Identify and correct common problems in the paces for driving
- 4a.3 Teach the different rein aids and their uses
- 4a.4 Teach and coach the warm-up and cool-down (as it relates to both driver and horse)

#### Part B Single Driving

At the end of this unit the candidate will be able to:

- 4b.1 Teach the traditional (Achenbach/ Coachman) use and handling of the reins and whip
- 4b.2 Teach the correct and effective position of the driver, groom and passengers; for dressage and cones driving
- 4b.3 Teach the correct use of the half-halt
- 4b.4 Teach the halt, walk and trot with the horse on the bit, plus rein back
- 4b.5 Teach and coach to develop calmness, forward movement and straightness with acceptance of the bit
- 4b.6 Recognise, assess and correct common basic driving faults
- 4b.7 Recognise, assess and correct basic schooling problems of the driving horse

#### PART C: Tracks and Movements for Marathon Events

At the end of this unit the candidate will be able to:

- 4c.1 Teach and coach correct driving over different terrain
- 4c.2 Coach a driver to negotiate a course with a variety of 6-8 obstacles

#### PART D: Tracks and Movements for Driven Dressage

At the end of this unit the candidate will be able to:

- 4d.1 Teach the variations of the paces as used in FEI Driven Dressage tests
- 4d.2 Identify and correct common problems in the paces
- 4d.3 Progressively coach the movements and tracks used in FEI Driving Dressage tests (6,7,8)
- 4d.4 Plan sequential lessons to develop driving skills to achieve novice driven dressage standards

#### PART E: Obstacle Cones Driving

At the end of this unit the candidate will be able to:

- 4e.1 Discuss distances as they relate to obstacle cones driving
- 4e.2 Teach and coach correct driving for obstacle cone events

#### PART F: EFA and FEI Rules for Competition

At the end of this unit the candidate will be able to:

- 4f.1 Demonstrate an applied knowledge of the FEI rules for Driven Dressage
- 4f.2 Demonstrate an applied knowledge of the FEI rules for Obstacle Cone Driving
- 4f.3 Demonstrate an applied knowledge of the FEI rules for Marathon Driving