

LEVEL TWO GENERAL COACH COURSE



COURSE OVERVIEW

The L2G 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 types of competition
- 3.8 Understand the aspects of rider and horse competition planning

Unit 4 General 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 Medium level
- 4.3 Teach and coach the principles of the German Training Scale required up to and including EFA Medium level Dressage
- 4.4 Teach and coach a range of classical and effective training exercises for the improvement of the horses training to EFA Medium 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 General Coach – Jumping

- 5.1 Understand and demonstrate standard practices and ride organisation
- 5.2 Teach the biomechanics of paces and movements
- 5.3 Teach and coach use of poles and grids for a horse jumping to 1.15m
- 5.4 Teach and coach jumping over single fences, combinations, related fences and courses to 1.15m
- 5.5 Teach how to build fences for indoor and outdoor use suitable for the progressive training of horses to 1.15m
- 5.6 Teach walking a range of courses, minimum 3

Unit 6 General Coach – Cross-country

- 6.1 Understand and demonstrate 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 the 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