

Competition Coach Specialist

Lesson Topics



English – Dressage – Choose 2 topics from list below.

1 Lesson plan to IMPROVE / DEVELOP skill already introduced

1 Lesson plan to INTRODUCE a new skill

1. Rein back
2. Counter canter
3. The horse's engagement & collection at trot and/or canter
4. Non-progressive transitions (Canter to walk/walk to canter/trot to halt/halt to trot)
5. Medium canter
6. Shoulder-in
7. Half halt
8. 10m circles
9. Travers
10. Renvers
11. ½ turn on the haunches

English – Eventing – Choose 1 topic from EACH list below.

1 Flat Lesson plan to IMPROVE / DEVELOP skill already introduced

1. Rein back
2. Counter canter
3. The horse's engagement & collection at trot and/or canter
4. Non-progressive transitions (Canter to walk/walk to canter/trot to halt/halt to trot)
5. Medium canter
6. Shoulder-in
7. Half halt
8. 10m circles
9. Travers
10. Renvers
11. ½ turn on the haunches

1 Eventing Lesson plan to INTRODUCE a specific skill

1. Galloping at speeds (400/450/520 mpm)
2. Riding a bank/step up
3. Riding a drop/step down
4. Riding a ditch
5. Jumping in and out of water
6. Riding a Coffin Jump
7. Riding a Corner Jump
8. Riding a skinny or narrow fence
9. Riding an Arrowhead
10. Jumping fences on an uphill or downhill grade
11. Riding a hilltop jump
12. Riding a combination

English – Jump – Choose 1 topic from EACH list below.

1 Flat Lesson plan to IMPROVE / DEVELOP skill already introduced

1. Rein back
2. Counter canter
3. The horse's engagement & collection at trot and/or canter
4. Non-progressive transitions (Canter to walk/walk to canter/trot to halt/halt to trot)
5. Medium canter
6. Shoulder-in
7. Half halt
8. 10m circles
9. Travers
10. Renvers
11. ½ turn on the haunches

1 Jump Lesson plan to INTRODUCE a specific skill

1. Riding a line of two fences set as a broken line
2. Riding a line with optional striding, i.e. ride 60' line in 5 or 4
3. Picking up the correct lead over a fence
4. An automatic or out of hand release
5. Jumping fences on an angle
6. Adding a stride on a line
7. Riding a line vertical to oxer & oxer to vertical
8. Riding a roll back turn to a fence
9. A horse's jumping form through a gymnastic
10. Canter on an oxer off a long approach

Western – Reining – Choose 2 topics from list below.

2 Lesson plans to IMPROVE horse and rider skill

1. Speed changes
2. Lead changes
3. Spin
4. Roll back
5. Run down
6. Stop
7. Back up
8. Circle

Western – Speed Events – Choose 1 topic for Barrel Racing AND 1 topic from Pole Bending from list below.

2 Lesson plans to IMPROVE horse and rider skill

1. Leg Yield
2. Flexion
3. Rate
4. Speed Control
5. Side Pass
6. The Pocket
7. Rollback
8. Lead Changes

Western – General Performance – Choose 2 topics from different discipline lists below.

2 Lesson plans to IMPROVE horse and rider skill

WESTERN PLEASURE – plan for 3 students

1. Collection
2. Pace control
3. Stop
4. Back
5. Progressive & Non-progressive transitions.

SHOWMANSHIP – plan for 1 student

1. Correct walk & jog
2. Stop
3. Turn on the Haunches
4. ¼ system
5. Squaring the horse
6. Back

HORSEMANSHIP – plan for 1 student

1. Circles
2. Straight lines
3. Turn on the Haunches
4. Collection
5. Figure 8's
6. Change of lead
7. Progressive & Non-progressive transitions
8. Stop
9. Back

TRAIL – plan for 1 student

1. Jog over poles
2. Lope over poles
3. Gate
4. Side Pass
5. Backthrough
6. Bridge
7. Transitions between obstacles

WESTERN RIDING (Optional) – plan for 1 student

1. Flying Lead Changes
2. Stop and Back
3. 2 Track at the Lope
4. Counter canter
5. Jog/Lope over a pole
6. Serpentine around cones