

4.1 Preliminary Coach Overview

Module	Coaching Outcomes
1. Role of the Coach	<ol style="list-style-type: none"> 1. Engage in the varied roles of a Pony Club coach 2. Work effectively with parents, officials and administrators 3. Develop and implement a personal coaching philosophy 4. Outline the coach's ethical responsibilities
2. Planning and Reviewing	<ol style="list-style-type: none"> 1. Plan a series of lessons for D/D* level riders 2. Review effectiveness of plans
3. Risk Management	<ol style="list-style-type: none"> 1. Apply the principles of risk management to minimise injuries to people and horses. 2. Outline the legal responsibilities of the coach 3. Implement minor incident management procedures
4. The Coach in Action	<ol style="list-style-type: none"> 1. Demonstrate effective group organisation 2. Ensure the safety of riders and horses during the session. 3. Manage group behaviour 4. Conduct coaching sessions to teach basic skills 5. Demonstrate effective communication strategies
5. Rider Development	<ol style="list-style-type: none"> 1. Plan and implement activities and lessons that consider the physical, social and emotional development of riders 2. Cater for the individual differences of riders.
6. Horse Care	<ol style="list-style-type: none"> 1. Teach riders the D and D* horse care skills as outlined in the PCA Syllabus of Instruction. 2. Provide advice to riders and their parents with regard to horse selection and care in accordance with PCA Syllabus of Instruction.
7. Riding Flat work	<ol style="list-style-type: none"> 1. Teach riders the D and D* riding skills as outlined in the PCA Syllabus of Instruction. 2. Teach rider exercises, agility, school figures and the use of the arena to D/D* standard
8. Riding Jumping	<ol style="list-style-type: none"> 1. Teach riders to ride over trot poles and small jumps as outlined in the D and D* PCA Syllabus of Instruction

Level 1 Coach Overview

Module	Coaching Outcomes
1. Planning and Reviewing	<ol style="list-style-type: none"> 1. Plan a series of lessons for C level riders 2. Review effectiveness of plans
2. Group Management	<ol style="list-style-type: none"> 1. Demonstrate effective group organisation 2. Manage group behaviour 3. Develop supportive relationships with riders
3. Horse Care	<ol style="list-style-type: none"> 1. Teach riders the C Certificate Horse Care skills as outlined in the PCA Syllabus of Instruction 2. Provide advice to riders and their parents with regard to horse selection and care in accordance with the PCA Syllabus of Instruction
4. Riding Flat work	<ol style="list-style-type: none"> 1. Teach riders the C Certificate riding skills as outlined in the PCA Syllabus of Instruction 2. Teach rider exercises, agility, school figures and the use of the arena to the C" standard
5. Riding jumping	<ol style="list-style-type: none"> 1. Teach the forward position, strides distances and gymnastic jumping to C" standard 2. Teach show jumping and cross country to C Certificate standard
6. Lungeing	<ol style="list-style-type: none"> 1. Describe the correct equipment for safe lungeing of a horse and explain the reasons for its use 2. Teach riders how to correctly fit lungeing equipment 3. Teach riders the basic techniques of lungeing a quiet horse

Mounted Games Specialist Coach Overview

Module	Coaching Outcomes
1 Rules	<ol style="list-style-type: none"> 1. Demonstrate application of state, national and international rules for mounted games. 2. Describe the process for dealing with official rulings 3. Identify approved gear at State & National level for mounted games.
2 Riding Skills Specific to Games	<ol style="list-style-type: none"> 1. Teach the riding skills for Mounted Games
3 Preparing the Competitive Rider	<ol style="list-style-type: none"> 1. Prepare the rider for competition 2. Nutrition 3. Strength and conditioning 4. Training programs and goal setting
4 Arena Safety and Care of Borrowed Horses	<ol style="list-style-type: none"> 1. Provide a safe environment and safe activities for riders and horses. 2. Teach riders appropriate care for borrowed horses and courtesy and consideration to owners of loaned horses
6. Games Skills	<ol style="list-style-type: none"> 1. Identify skills for 3 types of vaulting 2. Tactics required for different games
8. Team Building	<ol style="list-style-type: none"> 1. Identify the impact of team dynamics on the individual