



## NATIONAL COACHING CERTIFICATION PROGRAM

CONTEXT: INTRODUCTION TO COMPETITION

WESTERN

COMPETITION COACH

CRITERIA AND EVIDENCES RUBRIC

OCTOBER, 2012





# PARTNERS IN COACH EDUCATION

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# INTRODUCTION TO COMPETITION

## WESTERN COMPETITION COACH

### CRITERIA AND EVIDENCES RUBRIC

An NCCP certified COMPETITION COACH will be able to:

1. Plan lesson/schooling sessions / create an EAP
2. Coach students/conduct schooling sessions
3. Analyze performance of horses and riders
4. Make Ethical Decisions. (no rubric - evaluated on line)

COMPETITION COACHES must achieve the STANDARD in each task.

NO ADVANCED standard in: Outcome #2 A (Ensuring that the environment is safe)  
Outcome #2 D (The lunging lesson)

**TASKS COACHED** – Riders are in a competition context i.e. the riders are preparing to go to a show.

**TASK TAUGHT** – 4. Lunging Lesson – The “student” is learning how to improve a horse on the lunge line with side reins.

Task	NCCP Outcome Evaluated
Plan <b>Two</b> lesson/schooling sessions (Topic from the list of the candidate's choice) <ol style="list-style-type: none"> <li>1. On the Rail</li> <li>2. On a Maneuver</li> </ol>	<u><b>Outcome #1</b></u> <b>Planning a Lesson/Schooling Session</b> <ol style="list-style-type: none"> <li>a. Identify logistics</li> <li>b. Identify appropriate activities</li> <li>c. Design an Emergency Action Plan (One only for home venue)</li> </ol>
<b>Coach Students in Three lessons and teach One lunge lesson</b> (Maneuver topic is assigned by the Evaluator) <ol style="list-style-type: none"> <li>1. Coach students in a Lesson on the Rail (Group of 3 riders, riding in one hand)</li> <li>2. Coach a student on a Basic Training Pattern (1 rider, may use 2 hands)</li> <li>3. Coach a student on a Maneuver (1 rider, may use 2 hands)</li> <li>4. Teach a student to improve a horse on the lunge line using side reins</li> </ol>	<u><b>Outcome #2</b></u> <b>Provide Support to Riders/Horses in Training</b> <ol style="list-style-type: none"> <li>a. Ensure that the lesson/schooling environment is safe</li> <li>b. Implement an appropriately structured and organized lesson</li> <li>c. Make interventions that promote learning</li> <li>d. Introduce basic equine training skills</li> </ol>
<b>Detect and correct errors</b> in riders and horses	<u><b>Outcome #3</b></u> <b>Analyze performance</b> <ol style="list-style-type: none"> <li>a. Detect errors</li> <li>b. Correct errors</li> </ol>

OUTCOME 1: PLAN A LESSON/SCHOOLING SESSION		
<i>A - Identify appropriate logistics for lesson/schooling session</i>		
Not Sufficient	Competition Coach - Standard	Competition Coach - Advanced
<ul style="list-style-type: none"> <li><input type="checkbox"/> Plan has a basic structure, but does not clearly identify main segments or time line of practice</li> <li><input type="checkbox"/> Practice plan goals and objectives are vague and not clearly identified.</li> </ul>	Coach presents a lesson plan that: <ul style="list-style-type: none"> <li><input type="checkbox"/> Identifies potential <b>risk factors</b>.</li> <li><input type="checkbox"/> Identifies <b>basic information</b>, including date, time, location, number of athletes, and level of athletes.</li> <li><input type="checkbox"/> Is organized into <b>main segments</b> that include introduction, warm-up, main part, cool-down and conclusion.</li> <li><input type="checkbox"/> Identifies the <b>duration</b> of the practice and each practice segment on a timeline.</li> <li><input type="checkbox"/> Identifies an <b>overall goal</b> that will be addressed in the lesson. (Includes technical knowledge)</li> <li><input type="checkbox"/> Indicates basic <b>logistical needs</b> (i.e., facilities and equipment) to match the overall goal</li> <li><input type="checkbox"/> A list of <b>key factors (steps)</b> or general <b>teaching points</b> that relate to the overall goal (Includes technical knowledge)</li> <li><input type="checkbox"/> Provides evidence of <b>optimal use of the available time</b> and equipment to promote a high degree of active engagement time, learning, and training on the part of riders/horses.</li> <li><input type="checkbox"/> Identifies <b>specific objectives for each activity</b> and a list of key factors or teaching points for each activity. (Includes technical knowledge)</li> </ul>	As in standard, plus coach: <ul style="list-style-type: none"> <li><input type="checkbox"/> Identifies <b>training priorities</b> and objectives that are appropriate for the time of the season and reflect the sport's recommendations and guidelines. (Includes technical knowledge)</li> <li><input type="checkbox"/> Identifies where the practice is located <b>within context of season or annual plan</b>.</li> <li><input type="checkbox"/> Provides clear rationale (<b>reasons</b>) for each goal and objective, based on objectively identified rider's needs.</li> <li><input type="checkbox"/> Identifies how each goal is <b>consistent</b> with NCCP/ LTED growth and development principles - <b>Learning &amp; Training to Ride/Compete</b></li> </ul>

OUTCOME 1: PLAN A LESSON/SCHOOLING SESSION		
<i>B – Identify appropriate activities for each part of the lesson</i>		
Not Sufficient	Competition Coach - Standard	Competition Coach - Advanced
Activities: <ul style="list-style-type: none"> <li><input type="checkbox"/> Do not link to overall purpose of practice.</li> <li><input type="checkbox"/> Do not reflect awareness of safety.</li> <li><input type="checkbox"/> Are not consistent with NCCP/Equestrian LTED growth and development principles. I.e. too advanced</li> </ul>	Activities: <ul style="list-style-type: none"> <li><input type="checkbox"/> Reflect <b>safety awareness</b> and control for potential risk factors</li> <li><input type="checkbox"/> Are <b>effectively described</b> (e.g., diagrams, explanations, key points).</li> <li><input type="checkbox"/> Are <b>purposeful</b> and link to overall lesson goal.</li> <li><input type="checkbox"/> Are allotted <b>enough time</b> to develop the skills or tactics identified by the goal.</li> <li><input type="checkbox"/> Are <b>sequenced properly</b> to promote learning and skill development and induce the desired training effect. (Includes technical knowledge)</li> <li><input type="checkbox"/> <b>Contribute to the development of skill</b> and are appropriate to the stage of skill development (acquisition, consolidation, refinement) of the rider/horse.</li> <li><input type="checkbox"/> Identify <b>key factors</b> (coaching points). (Includes technical knowledge)</li> <li><input type="checkbox"/> Contribute to the <b>development of athletic abilities</b> in horse/rider, are appropriate for the sport, and are consistent with LTED.</li> </ul>	As in standard, plus lesson activities: <ul style="list-style-type: none"> <li><input type="checkbox"/> Are created or designed for the <b>specific needs of the rider/horse</b> based on analysis of performance in competition. (Includes technical knowledge)</li> <li><input type="checkbox"/> <b>Integrate mental skills</b> and strategies such as visualization, goal setting, and focusing strategies.</li> <li><input type="checkbox"/> Are purposely integrated to <b>promote skill development</b> and are consistent with the NCCP/Equestrian LTED skill development guidelines.</li> <li><input type="checkbox"/> Include practice conditions and/or variations in activities, <b>purposefully create challenges that elicit specific training effect</b>.</li> <li><input type="checkbox"/> <b>Promote</b> basic concepts of decision- making.</li> <li><input type="checkbox"/> Contribute to <b>development of specific physical abilities</b>.</li> <li><input type="checkbox"/> Include the use of <b>goal setting</b> and indicate <b>specific criteria for assessing</b> athlete achievement. (Includes technical knowledge)</li> <li><input type="checkbox"/> Are <b>appropriate to the time and location in the seasonal program</b>.</li> </ul>

<b>OUTCOME 1: PLAN A LESSON/SCHOOLING SESSION</b>		
<b><i>C – Design an Emergency Action Plan</i></b>		
Not Sufficient	Competition Coach - Standard	Competition Coach - Advanced
<input type="checkbox"/> The emergency action plan is not available or incomplete.	<b>A one- or two-page emergency action plan includes:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Designated charge person and call person with roles</b> and responsibilities.</li> <li><input type="checkbox"/> Location of <b>phones and emergency telephone numbers</b>- including vet</li> <li><input type="checkbox"/> A <b>diagram of the facility</b> included</li> <li><input type="checkbox"/> Specific <b>directions</b> to reach the <b>facility</b></li> <li><input type="checkbox"/> <b>Map to reach the facility</b></li> <li><input type="checkbox"/> Specific <b>directions</b> to reach a <b>hospital</b></li> <li><input type="checkbox"/> <b>Map to reach the hospital</b></li> <li><input type="checkbox"/> Location of <b>medical profiles for horse/riders</b> under coach's care</li> <li><input type="checkbox"/> Location of fully stocked <b>First Aid Kits, equine and human</b></li> <li><input type="checkbox"/> Location of <b>fire extinguishers</b></li> <li><input type="checkbox"/> The date of latest review of <b>contents and condition of First Aid kits</b>; equine and human</li> <li><input type="checkbox"/> <b>Checklist of the necessary equipment</b> found in each first aid kit</li> </ul>	As in standard, plus EAP includes: <ul style="list-style-type: none"> <li><input type="checkbox"/> Evidence that <b>horse and rider profiles are well organized, updated and are kept in a secure location</b> to protect privacy. (Assuming coach's own facility)</li> <li><input type="checkbox"/> <b>Emergency Fire/ flood evacuation</b> plan (if applicable)</li> </ul>

**NB: THE RIDERS ARE IN A COMPETITION CONTEXT** i.e. THEY ARE PREPARING TO GO TO A SHOW

<b>OUTCOME 2: PROVIDE SUPPORT TO RIDERS/HORSES IN TRAINING – COACH STUDENTS</b>	
<b><i>A - Ensure that the lesson/schooling environment is safe</i></b>	
Not Sufficient	Competition Coach - Standard (no Advanced)
Coach: <ul style="list-style-type: none"> <li><input type="checkbox"/> Recognizes the potential risks but does nothing to adjust the practice environment to enable safety.</li> <li><input type="checkbox"/> Does not survey practice environment prior to practice.</li> <li><input type="checkbox"/> Does not address dangerous factors in the training/lesson environment.</li> </ul>	<b>Safety</b> Coach: <ul style="list-style-type: none"> <li><input type="checkbox"/> Is able to critically <b>reflect on safety concerns</b> (risk management) before lesson</li> <li><input type="checkbox"/> <b>Takes steps to minimize risk to participants</b> before and throughout the practice – (includes equipment (tack check), adapting to environmental, equine factor)***</li> <li><input type="checkbox"/> <b>Identifies appropriate expectations for behaviour</b> and reinforces when appropriate (e.g. rough hands, overuse of other aids)</li> <li><input type="checkbox"/> <b>Forecasts dangerous factors</b> and makes immediate adjustments so that horses and riders are not at risk***</li> </ul>

**OUTCOME 2: PROVIDE SUPPORT TO RIDERS/HORSES IN TRAINING  
- COACH STUDENTS**

***B - Implement an appropriately structured and organized lesson***

Not Sufficient	Competition Coach - Standard	Competition Coach - Advanced
<ul style="list-style-type: none"> <li><input type="checkbox"/> There is no clear structure to the lesson.</li> <li><input type="checkbox"/> Coach does not use appropriate activities.</li> <li><input type="checkbox"/> Coach does not provide evidence of planning (practice plan).</li> </ul>	<p><b>Organization</b> Coach:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Demonstrates <b>professionalism/positive image</b> of the sport</li> <li><input type="checkbox"/> Ensures <b>equipment is available and ready</b> to use</li> <li><input type="checkbox"/> Demonstrates <b>adequate use of space</b> and equipment.</li> <li><input type="checkbox"/> <b>Engages riders 50%</b> of the time or more</li> <li><input type="checkbox"/> Delivers lesson in <b>organized segments</b> e.g. Introduction, demon, explanation, activities</li> <li><input type="checkbox"/> Uses <b>logical and evident progressions</b>. (Should be prepared to present three).</li> <li><input type="checkbox"/> <b>Breaks are provided</b> for recovery as required</li> </ul> <p><b>Technical Knowledge &amp; Content</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Implements <b>activities that contribute to the development of technical skills</b>, tactics, and athletic abilities.</li> <li><input type="checkbox"/> Adequately <b>sequences activities</b> to enhance learning or specific training effects</li> </ul> <p><b>Flexibility</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Makes <b>adjustments depending on the reaction</b> and performance of the rider/horse in the activity.</li> <li><input type="checkbox"/> Makes adjustments that enable the <b>objectives of the lesson to be achieved</b>.</li> </ul>	<p>As in standard plus Coach:</p> <p><b>Technical Knowledge &amp; Content</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Provides activities that clearly <b>identify the performance factors and learning objectives</b> that were outlined at the beginning of lesson and creates specific coaching moments (cognitive triggers) to enhance learning.</li> </ul> <p><b>Flexibility</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Adapts the lesson activities to <b>provide the appropriate challenge</b>.</li> <li><input type="checkbox"/> Implements a variety of options for adapting the practice to <b>ensure adequate learning</b>.</li> <li><input type="checkbox"/> Makes adjustments based on an <b>analysis of rider/horse performance</b>.</li> <li><input type="checkbox"/> Modifies practice activities to address context-specific circumstances or logistics and to <b>create a specific training effect (physical or motor)</b>.</li> <li><input type="checkbox"/> Adapts lesson activity to <b>increase challenge</b> or to ensure optimal learning opportunities.</li> </ul>

<p align="center"><b>OUTCOME 2: PROVIDE SUPPORT TO RIDERS/HORSES IN TRAINING</b>  <b>COACH STUDENTS</b>  <b><i>C - Make interventions that promote learning</i></b></p>		
<p align="center"><b>Not Sufficient</b></p>	<p align="center"><b>Competition Coach - Standard</b></p>	<p align="center"><b>Competition Coach - Advanced</b></p>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Feedback and instruction only identify <b>what</b> to improve, and not <b>how</b> to improve.</li> <li><input type="checkbox"/> Coach uses an explanation but does not identify any key learning points.</li> <li><input type="checkbox"/> Coach uses demonstration but participants are not in an optimal position to see and hear.</li> <li><input type="checkbox"/> Limited intervention is made to clarify key learning objectives.</li> <li><input type="checkbox"/> No or few questions are asked</li> <li><input type="checkbox"/> Feedback does not match performance</li> <li><input type="checkbox"/> Focus is on performance at the expense of learn</li> </ul>	<p><b>Explanation and Demonstration</b></p> <p>Coach:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Uses explanation and identifies <b>1–3 key learning points</b>.</li> <li><input type="checkbox"/> Provides <b>clear, concise explanations</b>, providing opportunities for the <b>riders to ask questions</b></li> <li><input type="checkbox"/> Clarifies <b>key learning objectives</b> and performance factors (feedback, instruction) with riders before engaging in the activity.</li> <li><input type="checkbox"/> <b>Uses demonstrations</b> where students are in an optimal position to see and hear.</li> </ul> <p><b>Feedback</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Uses positive, respectful and specific language</b> when providing verbal interventions</li> <li><input type="checkbox"/> Provides feedback and instruction that clearly identifies <b>what</b> to improve and <b>how</b> to improve.</li> <li><input type="checkbox"/> Uses feedback during the lesson to <b>constructively reinforce riders' effort</b> and performance</li> <li><input type="checkbox"/> Makes interventions such that <b>riders have adequate time to practice skill or tactic</b></li> <li><input type="checkbox"/> Maintains a <b>positive outlook and acknowledges rider's needs</b> and thoughts</li> </ul> <p><b>Teaching Knowledge &amp; Content</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Can <b>identify</b> and use appropriate techniques that address <b>individual learning styles and that optimize learning</b></li> <li><input type="checkbox"/> Demonstrates an <b>understanding of factors that may affect learning</b>. e.g. nerves (technical knowledge)</li> <li><input type="checkbox"/> Creates and integrates opportunities for the <b>rider to apply basic decision making</b> (technical knowledge)</li> <li><input type="checkbox"/> Demonstrates an understanding of the <b>difference between learning and performance</b> (technical knowledge)</li> <li><input type="checkbox"/> Adheres to the <b>appropriate skill development model- LTED</b></li> <li><input type="checkbox"/> <b>Makes adjustments based on reaction</b> and performance</li> <li><input type="checkbox"/> Lesson <b>content matches lesson goal(s)</b></li> </ul> <p><b>Questions</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Riders</b> are encouraged to <b>ask questions</b></li> <li><input type="checkbox"/> Uses questioning to help <b>rider to reflect on performance</b></li> <li><input type="checkbox"/> <b>Reinforces correct performance by facilitating appropriate interventions</b> (e.g. feedback, questioning, using a demonstration) to identify the key factors that were properly executed</li> </ul>	<p>As in the standard plus Coach:</p> <p><b>Feedback</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Provides feedback which is <b>evaluative, prescriptive and descriptive</b></li> <li><input type="checkbox"/> Analyzes when to limit feedback to <b>promote critical thinking</b></li> </ul> <p><b>Teaching Knowledge</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Integrates <b>mental preparation strategies</b> into the lesson</li> <li><input type="checkbox"/> <b>Encourages calculated risks</b> to enhance performance in accordance with the NCCP code of ethics.</li> <li><input type="checkbox"/> Selects from a variety of intervention strategies to achieve specific learning objectives that will result in <b>greater transfer to the competitive environment</b>.</li> </ul> <p><b>Questions</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Provides specific feedback to individual riders and enables each <b>rider to take greater ownership</b> over specific performance factors and learning objectives.</li> <li><input type="checkbox"/> <b>Uses questions</b> to facilitate awareness and critical thinking</li> <li><input type="checkbox"/> Emphasizes <b>independent thinking and problem solving</b>.</li> </ul>

**NO ADVANCED STANDARD**  
**NB - CONSIDER THAT THE 'STUDENT' HAS NEVER LUNGED**  
**WITH SIDE REINS BEFORE**

## OUTCOME 2: PROVIDE SUPPORT TO RIDERS/HORSES IN TRAINING

### *D. Introduce basic equine training skills*

#### ***Lunge Lesson – Teach a student how to improve a horse on the lunge line with side reins***

		Not Sufficient	Competition Coach - Standard
<b>Safety</b>	<b>Organization:</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The coach moves around the horse, showing hesitation and a lack of confidence and experience.</li> <li><input type="checkbox"/> The coach fails to observe and instruct safety rules</li> </ul>	<b>Organization - the Coach:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Moves around the horse efficiently</b>, demonstrating experience and a high comfort level</li> <li><input type="checkbox"/> <b>Discusses and explains</b> what is required while reminding the “student” about safety rules</li> <li><input type="checkbox"/> <b>Involves the “student” in tack adjustment</b> as required</li> <li><input type="checkbox"/> <b>Uses “teachable moments”</b></li> </ul>
		<ul style="list-style-type: none"> <li><input type="checkbox"/> Cinch is too loose or too tight.</li> <li><input type="checkbox"/> Reins are not well secured</li> <li><input type="checkbox"/> Tack not checked or checked but not adjusted if required</li> <li><input type="checkbox"/> Equipment is in poor condition – broken, cracked, stitching coming undone.</li> <li><input type="checkbox"/> No boots/polos on horse</li> <li><input type="checkbox"/> Coach drops or throws the whip on the ground instead of placing it safely to adjust side reins</li> <li><input type="checkbox"/> Whip is moved in such a way as to scare the horse while tack is checked.</li> <li><input type="checkbox"/> No gloves and or wearing spurs</li> <li><input type="checkbox"/> Leaves doors/gates open and ignores potential arena hazards and unsafe tack</li> <li><input type="checkbox"/> Does not address dangerous factors or potential risks eg. loose dog, “hot” horse</li> <li><input type="checkbox"/> Cannot explain why the horse is or is not suitable</li> <li><input type="checkbox"/> Makes no/insufficient adjustments to dangerous situation</li> </ul>	<b>The Coach demonstrates, observes and instructs the student to ensure that:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cinch is tight, <b>surcingle/saddle is fitted correctly</b> and equipment is in good condition</li> <li><input type="checkbox"/> Horse is <b>protected with boots/polos</b></li> <li><input type="checkbox"/> <b>Lunge line and whip are neatly and safely gathered</b> while equipment is being checked.</li> <li><input type="checkbox"/> Student and coach are <b>wearing gloves and no spurs</b></li> <li><input type="checkbox"/> Ensure that all <b>doors/gates are shut</b> and that all equipment / area is safe</li> <li><input type="checkbox"/> Quickly adapts and makes <b>adjustments to lesson after a dangerous situation</b> has become evident (e.g. heavy rain frightens the horses, “hot” horse)***</li> <li><input type="checkbox"/> Horse is <b>initially lunged with no or loosened side reins</b> at a walk, jog and lope, in at least one direction</li> </ul>
	<b>Side Reins</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Inexperienced</li> <li><input type="checkbox"/> Side reins attached incorrectly</li> <li><input type="checkbox"/> Purpose and/or fitting not explained or explained incorrectly</li> </ul>	<b>Side Reins:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Demonstrates <b>obvious experience</b></li> <li><input type="checkbox"/> Side reins are <b>correctly attached to saddle or surcingle</b></li> <li><input type="checkbox"/> <b>Purpose and fitting explained to the student</b></li> </ul>
	<b>Risk management:</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The coach does not ensure the horse is suitable.</li> </ul>	<b>Risk Management - the Coach:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Discusses and explains</b> what is required to the “student” <b>re safety</b></li> <li><input type="checkbox"/> Has lunged the horse to <b>ensure suitability</b></li> <li><input type="checkbox"/> <b>Involves the “student”</b> as much as possible</li> <li><input type="checkbox"/> <b>Uses “teachable moments”</b></li> </ul>



**OUTCOME 2: PROVIDE SUPPORT TO RIDERS/HORSES IN TRAINING**  
**D. (continued) Introduce basic equine training skills**

**Lunge Lesson – Teach a student how to improve a horse on the lunge line with side reins**

	Not Sufficient	Competition Coach - Standard
<b>Technique</b>	<p><b>The coach does not instruct or correct the student when:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lunge line is wrapped around hand</li> <li><input type="checkbox"/> Lunge line is dragged on ground</li> <li><input type="checkbox"/> The lunge line is incorrectly attached (i.e. Not one of the four accepted methods)</li> <li><input type="checkbox"/> Whip is moved in such a way as to scare the horse while tack is checked</li> <li><input type="checkbox"/> Lunge whip is not placed safely on ground or held appropriately when adjusting side reins</li> <li><input type="checkbox"/> Lunge whip is held too high or low</li> <li><input type="checkbox"/> Student cracks the whip.</li> <li><input type="checkbox"/> The student cannot maintain an even size and shape of circle as evidenced by excessive traveling from one area of the ring to another</li> <li><input type="checkbox"/> Circle too small/large</li> <li><input type="checkbox"/> Does not maintain correct triangle of control with whip and horse as evidenced by excessive walking or horse turning in</li> <li><input type="checkbox"/> Is unable to use body/voice to effectively control horses movement</li> <li><input type="checkbox"/> Side reins are too long/short</li> </ul>	<p><b>The coach demonstrates, observes and instructs the student how to:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hold the <b>lunge line safely in one hand</b> with excess line held in opposite hand</li> <li><input type="checkbox"/> <b>Avoid</b> the lunge line <b>touching the ground</b></li> <li><input type="checkbox"/> <b>Fluidly adjust</b> the length of the lunge line as necessary</li> <li><input type="checkbox"/> <b>Manage the lunge whip effectively</b> and position it as required for optimal effect</li> <li><input type="checkbox"/> Coach is able to explain why he/she chose this <b>method of attaching the lunge line</b></li> <li><input type="checkbox"/> Manage the <b>whip effectively</b> by <b>holding it or placing it safely</b> on the ground when adjusting side reins</li> <li><input type="checkbox"/> Maintain an <b>even size and shape of circle</b> for most of lesson</li> <li><input type="checkbox"/> Maintain <b>correct triangle of control</b> with whip and horse for most of lesson</li> <li><input type="checkbox"/> Use <b>voice, whip and/or body language effectively</b> to control horse's movement.</li> <li><input type="checkbox"/> <b>Maintain/adjust position</b> throughout as required</li> <li><input type="checkbox"/> Ensure the <b>horse is moving forward from behind into the contact</b></li> <li><input type="checkbox"/> <b>Length of side reins are adjusted as required</b> to allow the horse to move correctly into the contact when lunged</li> <li><input type="checkbox"/> <b>Adjusts the side reins</b> during the session if too long/short <b>and explain why to the student</b></li> <li><input type="checkbox"/> <b>Reverse direction (when using a cavesson):</b> inside side rein is loosened (or detached) 1<sup>st</sup>, outside side rein is loosened (or detached) 2<sup>nd</sup>; reverse direction, tighten (attach) "new" outside side rein 1<sup>st</sup> and then tighten (attach) "new" inside side rein 2<sup>nd</sup></li> <li><input type="checkbox"/> <b>Reverse direction (when using a halter):</b> loosen (or detach) inside rein, detach lunge line snap from inside to centre ring, loosen (or detach) outside side rein; reverse direction, tighten (or attach) outside side rein, detach lunge line snap from centre to inside, tighten (or attach) inside side rein</li> </ul>

**OUTCOME 2: PROVIDE SUPPORT TO RIDERS/HORSES IN TRAINING**  
***D. (continued) Introduce basic equine training skills***

***Lunge Lesson – Teach a student how to improve a horse on the lunge line with side reins***

<b>Teaching Skills</b>	<b>Not Sufficient</b>	<b>Competition Coach - Standard</b>
	<p><b>Coach:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Does not identify lesson goals to student</li> <li><input type="checkbox"/> Does not use key teaching points</li> <li><input type="checkbox"/> Provides an overload of key points (more than 5)</li> <li><input type="checkbox"/> Uses key points (information) that is/are incorrect</li> <li><input type="checkbox"/> Explanation of key points is confusing and coach does not clarify</li> <li><input type="checkbox"/> Does not ask questions</li> <li><input type="checkbox"/> Does not address a particular problem to correct</li> <li><input type="checkbox"/> Is unable to match the correction with the intended results or improvement desired.</li> <li><input type="checkbox"/> Moves to next progression before basic progression is completed.</li> <li><input type="checkbox"/> Does not produce improvement</li> <li><input type="checkbox"/> Demonstrates unsafe technique for lunging and side rein use</li> </ul>	<p><b>Coach:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Clearly states <b>WHAT</b> is being demonstrated</li> <li><input type="checkbox"/> States lesson goals at the beginning of the lesson and explains <b>WHY</b> lunging with side reins is important</li> <li><input type="checkbox"/> Uses 1-3 key teaching points to explain <b>HOW</b> to fit and adjust side reins</li> <li><input type="checkbox"/> Uses key points that are <b>consistent with discipline standards</b> (technically correct)</li> <li><input type="checkbox"/> Uses <b>age appropriate language</b> to explain key points</li> <li><input type="checkbox"/> Uses analogies and examples from <b>participant's experiences</b> to reinforce key learning points</li> <li><input type="checkbox"/> <b>Clearly explains</b> the process</li> <li><input type="checkbox"/> Coach uses <b>questions to help the "student" reflect</b> on performance or to check for understanding</li> <li><input type="checkbox"/> Ensures that <b>"Student" participates 50%</b> or more of the time provided</li> <li><input type="checkbox"/> Provides <b>specific instructions</b> designed to <b>improve the "student's" lunging technique and knowledge of side rein use</b></li> <li><input type="checkbox"/> <b>Identifies a root problem</b> in the technique and <b>provides corrections</b></li> <li><input type="checkbox"/> Produces a <b>clear improvement in the student's lunging technique and knowledge of side rein use</b></li> </ul>

<b>OUTCOME 3: ANALYZE PERFORMANCE</b>		
<b>A - Detect performance errors – Ability to detect errors</b>		
<b>(Not Sufficient)</b>	<b>Competition Coach - Standard</b>	<b>Competition Coach - Advanced</b>
Coach: <ul style="list-style-type: none"> <li><input type="checkbox"/> Observes the skill from a single vantage point to detect performance factors.</li> <li><input type="checkbox"/> Is able to identify key performance factors that contribute to errors in performance, but cannot select the most critical factor that will have the greatest impact on performance.</li> <li><input type="checkbox"/> Scans lesson environment infrequently and pays little attention to skill execution.</li> <li><input type="checkbox"/> Identifies effort and motivational factors that contribute to lack of performance rather than key technical or tactical factors.</li> <li><input type="checkbox"/> Is only able to explain <b>how</b> the error relates to the overall performance but does not indicate <b>why</b> it is important</li> </ul>	Coach: <ul style="list-style-type: none"> <li><input type="checkbox"/> Moves around practice environment to <b>observe skills from the most optimal vantage points</b> and scans all the athletes</li> <li><input type="checkbox"/> Is able to <b>select the most critical factor</b> that has a direct impact on performance</li> <li><input type="checkbox"/> Is able to reflect on <b>potential causes of skill error</b> (cognitive, affective motor)</li> <li><input type="checkbox"/> Is able to consistently communicate <b>how</b> and <b>why</b> a critical error contributes to the performance</li> <li><input type="checkbox"/> Helps athletes to understand <b>how errors affect overall performance</b> by asking <b>appropriate questions</b></li> </ul>	As in the standard plus coach: <ul style="list-style-type: none"> <li><input type="checkbox"/> Helps the athletes to detect key performance factors and to understand how and why these errors affect overall performance.</li> <li><input type="checkbox"/> Analyzes a variety of factors that could contribute to increased performance (e.g. athletic abilities in horse/rider, environmental factors, recovery and regenerative strategies for horse/rider, mental strategies for horse/rider etc)</li> <li><input type="checkbox"/> Uses a variety of observational strategies (e.g., positioning, video, other coaches, etc.) to identify the most critical aspects of performance.</li> <li><input type="checkbox"/> Reinforces application of competitive rules that relate to skill execution when appropriate.</li> <li><input type="checkbox"/> Provides a rationale for identifying skills or tactics that need improvement, based on sport-specific analysis of performance.</li> <li><input type="checkbox"/> Identifies errors that are consistent with athlete development guidelines for the appropriate stage of athlete development. LTED –Learning and Training to Ride/Compete</li> </ul>

<b>OUTCOME 3: ANALYZE PERFORMANCE</b>		
<b>B - Correct performance – Ability to correct errors</b>		
<b>(Not Sufficient)</b>	<b>Competition Coach - Standard</b>	<b>Competition Coach - Advanced</b>
Coach: <ul style="list-style-type: none"> <li><input type="checkbox"/> Corrects the rider by indicating <b>what</b> they did rather than identifying specific strategies for how to improve the performance.</li> <li><input type="checkbox"/> Provides corrections that identify vague external factors rather than specific factors that contribute to improved performance</li> </ul>	Coach: <ul style="list-style-type: none"> <li><input type="checkbox"/> Makes specific corrections that identify <b>how</b> to improve the performance by prescribing key performance factors.</li> <li><input type="checkbox"/> Identifies <b>why</b> the correction will have a beneficial effect on the performance and consistently identifies <b>how</b> to improve performance</li> <li><input type="checkbox"/> Uses demonstrations to model correct performance.</li> <li><input type="checkbox"/> Involves riders in a critical thinking process: What did you do? What should you do? What are you going to do to get better results?</li> <li><input type="checkbox"/> Asks the rider's/parent consent for physical contact when assisting in correcting an error.</li> <li><input type="checkbox"/> Identifies if the level of difficulty in the task is relevant to the rider's/horse's capabilities</li> </ul>	As in the standard plus coach: <ul style="list-style-type: none"> <li><input type="checkbox"/> Helps riders to identify individual corrections by <i>asking open-ended</i> questions.</li> <li><input type="checkbox"/> Makes corrections focus athletes' attention towards external cues or on the anticipated effects of the movement rather than the on way the movement is performed (internal focus). External focus means concentrating on keeping the horse in a certain position during the movement; internal focus means concentrating on keeping a specific part of the body in a certain position during the movement.</li> <li><input type="checkbox"/> Helps riders to increase awareness of basic corrections by asking closed questions.</li> </ul>