Planning is an important aspect of coaching; it will make the lesson more enjoyable and will ensure maximum use of the time available. The lesson plan template below can be amended to suit your own purposes and sequence durations. **Please use this template in association with the lesson planning diagrams.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Lesson topic:** |  | | |
| **Skill level of riders:**  Eg. D/D\* riders |  | | |
| **Discipline:** |  | **Lesson length:**  Eg. 30 mins (for an exam) |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Sequence** | **Duration** | **Activity** | **Note** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Introduction** | mins |  |  |
| **Safety Check** |  |  |
| **Medical Check/ Identification of special needs** |  |  |
| **Gear Check** |  |  |
| **Equipment Needed** |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Explanation** | mins |  |  |



|  |  |  |  |
| --- | --- | --- | --- |
| **Sequence** | **Duration** | **Activity** | **Note** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Demonstration** | mins |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Warm up** | mins |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity Execution** | mins |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Re- Execution** | mins |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Cool Down** | mins or after lesson |  |  |

|  |  |  |
| --- | --- | --- |
| **Sequence** | **Duration** | **Activity** |

|  |  |  |
| --- | --- | --- |
| **Summary Feedback & Questions** | mins |  |
| **Evaluation** |  |

Arenas - Flat lesson

**M R B P F**

*Warm up* **C A**

**H S E V K**

**M R B P F**

*Activity Execution* **C A**

**H S E V K**

Arenas - Jump / Mounted Game / Ground Work lessons

*Warm up*

*Activity Execution*

