Assessment of Practical Coaching Skills – Lungeing a Rider

Using the previously developed Lungeing Lesson Plan, coach an individual rider in a safe and effective manner

**Before commencing, the Coach Educator must approve the lesson plan for this candidate**

<table>
<thead>
<tr>
<th><strong>CANDIDATE</strong></th>
<th><strong>COACH NAME:</strong></th>
<th><strong>VENUE:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COACH EDUCATORS NAME:</strong></td>
<td></td>
<td><strong>DATE:</strong></td>
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</tbody>
</table>

**Overall Result:** Competent / Not Yet Competent

**Overview**

<table>
<thead>
<tr>
<th><strong>Name of Skill</strong></th>
<th><strong>X / √</strong></th>
<th><strong>C/NYC</strong></th>
<th><strong>COMMENTS &amp; WHY</strong></th>
</tr>
</thead>
</table>

**SECTION 1) SAFETY**

- Gear check
- Identification of special needs
- Emergency Stop procedure established
- Safe equipment and environment

**SECTION 2) INTRODUCTION, DEMONSTRATION & WARM-UP**

* Demonstration and Warm-Up can be done in any order

**Introduction:**
- Clear and concise
- Purpose of the lesson established

**Demonstration***:
- Accurate
- Suitable

**Warm-Up (& initial assessment):**
- Suitable
- Rider/Horse assessment
- Relevance to lesson
- Clear & concise explanation about how to use the relevant aids

**SECTION 3) LESSON CONTENT & GENERAL COACHING SKILLS**

- Perceptive and attentive to the needs of the individual
- Use a variety of techniques (strategies) to teach skills
- Ensure all riders are recognised in a training session
- Communicate instructions clearly and accurately

**Lesson Structure (Did the coach?)**

- Outline the Lesson plan for the riders
- Was the lesson plan suitable for the riders ability
- Did the coach adjust the lesson plan according to the riders ability
- Maintain rider focus throughout lesson
- Observe, notes and corrects errors in individual(s) technique and skills
- Shows sequential progression of lessons skills and demonstrates an ability to break skills down to enhance the understanding of riders
- Safe dismissal

**Time Management**
- Demonstrate effective time management to ensure completion of training session
Feedback Skills

<table>
<thead>
<tr>
<th>SECTION 4) FEEDBACK SKILLS</th>
<th>Feedback contains information about the performance that is easy to understand</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Feedback contains keys words and phrases to promote change in performance/learning</td>
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<tr>
<td></td>
<td>Feedback given to both individuals and the entire group</td>
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<tr>
<td></td>
<td>Feedback is conveyed in a positive manner to encourage change and/or reward performance</td>
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<tr>
<td></td>
<td>Feedback is correct and given as soon as possible after task completion</td>
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<tr>
<td></td>
<td>Provide a variety of feedback styles: visual, verbal, tactile, questioning, discussion</td>
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</table>

Coach Educator Feedback:
What were the positive aspects/strengths of the lesson?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

What aspect/s does the candidate need to continue working on to improve/demonstrate in future (please complete this section regardless of whether the candidate was found C/NYC)

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Candidate’s Self-Evaluation:
Where do you believe you went well? What could you improve? How will you do this?

__________________________________________________________________________

__________________________________________________________________________

Not Yet Competent

| Not Yet Competent | Date: CE: | Date: CE: | Date: CE: |

Coach Educator (CE) Declaration

Candidate Name:

Coach Educator
I am satisfied that the candidate has demonstrated competence in teaching an individual rider on the lunge in a safe and well-sequenced manner. I am a currently registered EA Coach Educator.

Name: NCAS Level:

E-mail address: Phone Number:

Assessment Location:

Signature: Date: