

USEF Para-Equestrian Dressage Coach Certificate Program

AGENDA

INITIAL PRACTICUM AGENDA

Please see USEF correspondence for dates and location. USEF reserves the right to alter the content as necessary.

	TIME	ACTIVITIES	LOCATION	FACULTY/ PARTICIPANTS
DAY 1	Morning 8:30 - 11:30	Competency 1: Coaching Foundation (Lecture/Theory) <ul style="list-style-type: none"> Review coaching philosophy and principles Coaching pedagogy (the “How to” vs. the “What”) Review the Shadow Coaching System (video of model) Review sample session plan with goals, structure, and equipment selection. (preparation/delivery/evaluation) Develop a Coach Development Plan (CDP) Working within the team concept 	CLASSROOM	Michel Assouline Master Coach
	11:30 - 12:30	Lunch Lecture: Sport Psychology	CLASSROOM	TBD
	Afternoon 12:30 - 4:00	Simulated Coaching Lessons: 45 minutes total (15 minutes per coach, 15 minute debrief with Master Coach, 2 coaches paired with one rider) <ul style="list-style-type: none"> Provide sample session plan Demonstrate effective coaching style and delivery Practice Shadow Coaching Technique Demonstrate rapport and effective feedback Demonstrate safe cool down, general wrap up protocol and debrief process 	ARENA	Michel Assouline USEF Assessors TBD Up to 10 Coaches 5 Demo Riders <i>(Coaches & Riders meet 15 minute ahead of lesson to review horse match, equipment, and lesson goal.)</i>
	4:00 - 5:00	Group Debrief/Review Plan for Day 2	CLASSROOM	all USEF Assessors
DAY 2	Morning 8:30 - 11:30	Competency 2: Sport Specific Knowledge & Skills (Lecture/Theory) <ul style="list-style-type: none"> Review Long Term Athlete Development (LTAD) Review access to Para-Equestrian grades, classification, and rules Review USEF Para-Dressage Structure and Pathways document Review adaptive equipment and compensating aids 	CLASSROOM	Michel Assouline Master Coach
	11:30 - 12:30	Lunch Lecture: Athlete Fitness and Biomechanics in Para-Dressage	TBD	USEF Certified Physiotherapist
	Afternoon 12:30 - 4:00	Simulated Coaching Lessons: 45 minutes total (15 minutes per coach, 15 minute debrief with Master Coach, 2 coaches paired with one rider) <ul style="list-style-type: none"> Demonstrate proper use of adaptive equipment Demonstrate Para-Dressage coaching skills and sport specific techniques Continued demonstration of shadow coaching technique 	ARENA	Michel Assouline USEF Assessors Up to 10 Coaches 5 Demo Riders <i>(Coaches & Riders meet 15 minute ahead of lesson to review horse match, equipment, and lesson goal.)</i>
	4:00 - 5:00	Group Debrief/Wrap Up	CLASSROOM	all USEF Assessors