

From 1* to Superstar! The Skills of the Progressive Coach

The workshop will investigate the similarities and common denominators of coaching within a range of environments. You will be taken through a number of coaching sessions from grassroots riders starting at the beginning (academy/1*), through to youth, senior amateurs, young horses to top national and international riders. You will discuss the link between the different levels of coaching at each stage focussing on the skills and qualities that are apparent throughout. What makes the 'Superstar' (High Performing) coach? Is it their technical and tactical knowledge? Their communication and body language? The mental support they offer?

This workshop will be delivered by Corinne Bracken with practical coaching sessions being delivered by a range of coaches. The day will involve audience participation for an interactive and thought provoking session. 9am – 4pm

Cost: British Showjumping Coaches: £35, others £40

Three Dates, Three Venues

1. **Date:** October 8th 2019

Venue: Leamside Equestrain, Leamside, Houghton-le-Spring, Tyne and Wear DH4 6QJ

2. **Date:** October 15th 2019

Venue: Crofton Manor Equestrian Centre, Titchfield Road, Stubbington, Fareham, Hampshire PO14 3EW

3. **Date:** February 3rd 2020

Venue: British Showjumping National Training Centre, Home Farm, Hothorpe, Leicestershire

To book please email: Laura.rolph@britishshowjumping.co.uk or call 02476 698828

The Art of Coaching a Group of Riders

The workshop is a mix of classroom and practical based learning where you will work with other coaches to:

- Identify the qualities of a good group coach and what makes an effective group session for the riders.
- Discuss the benefits and issues of group coaching
- Evaluate the effectiveness of the coaching through observation of video
- Identify appropriate training strategies and activities with the group and suitable work programmes to help develop the horse & rider.
- Evaluate and profile horse, ponies and riders on the flat and over fences and identify any differences and key areas of strength and those that need developing.

This workshop would be ideal for newly qualified and experienced coaches alike as well as those in the process of undertaking a coaching qualification. **Cost:** British Showjumping Coaches: £35, others £40

Three Dates, Three Venues

1. **Date:** September 12th 2019

Venue: Crofton Manor Equestrian Centre, Titchfield Road, Stubbington, Fareham, Hampshire PO14 3EW

2. **Date:** 14th November 2019

Venue: British Showjumping National Training Centre, Home Farm, Hothorpe, Leicestershire

3. **Date:** 3rd December 2019

Venue: Leamside Equestrain, Leamside, Houghton-le-Spring, Tyne and Wear DH4 6QJ

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Applied Biomechanics for Showjumping Performance

The workshop will be delivered by Gillian Higgins of 'Horses Inside Out' and Corinne Bracken.

The morning will start in the classroom looking at video footage of the showjumper and highlighting how the horse moves and the impact this has on performance.

The afternoon will then take a practical approach by observing horses in action and how to apply the theory. It will focus on the biomechanics and anatomical movements of the horse during the different phases of jumping and identifying any areas that could impede performance. This will then be explored further by identifying exercises on and off the horse that could improve the performance.

Cost: British Showjumping Coaches: £50, others £55

1. **Date:** February 4th 2020

Venue: British Showjumping National Training Centre, Home Farm, Hothorpe, Leicestershire

To book please email: Laura.rolph@britishshowjumping.co.uk or call 02476 698828