

# INTRODUCTION TO COACHING COURSE



## 1 DAY COURSE.

To provide coaches, parents and young horse producers the basic skills and techniques to coach at training level. The course provides the initial step on the National Coaching and Development Programme (NCDP).



## ENTRY REQUIREMENTS:

Participants should be 16 yrs of age or over.  
Have a basic knowledge of horses & horsemanship.  
Have any of the following qualifications:  
British Horse Society Stage I & II  
Association of Irish Riding Clubs Grades I & II  
Irish Pony Club C  
FETAC Horsemanship Level 2.

## DURATION:

This 1 day (8 Hours) course, is very practical in its presentation. The theory sessions are completed in groups and the overall emphasis is on fun and enjoyment, while at the same time providing basic coaching principles.

## CERTIFICATION:

A certificate of attendance will be awarded to those who attend the 1 day course. Participants and tutors will be asked to provide a written evaluation of the course.

INTRODUCTION TO COACHING COURSE  
COST: €80

# WHY DO INTRO ?



## WOULD YOU LIKE TO MAKE A CAREER IN EQUESTRIAN COACHING?

This course is your first step on the Equestrian coaching Ladder. It will give you the basic principles of coaching, a detailed understanding of the HSI Coaching Programme and the work involved to become a qualified equestrian coach.

## WOULD YOU LIKE TO BE ABLE TO HELP YOUR CHILDREN IMPROVE THEIR COMPETITIVE RIDING?

Having a better understanding of modern competition requirements, coupled with the basic coaching skills and principles of good communication, means you will be better equipped to assist your children.

## WHAT'S THE DIFFERENCE BETWEEN THE HSI PROGRAMME AND OTHER FORMAL QUALIFICATIONS?

The HSI is a competition based coaching qualification, using modern techniques to improve both horses and riders performance. It focuses solely on coaching. You will not be required to ride at any stage. However, having previous equestrian experience does help you develop your eye as a coach.

## TO APPLY:

From the internet: [www.horsesportireland.ie](http://www.horsesportireland.ie)  
Follow the coaching link to download an application form. Complete the application form, (please enclose a photocopy of your qualifications if applicable) and return it together with the appropriate fee to HSI.

*'The coaching system provides a well structured and easy to apply framework, which allows the coach to concentrate on achieving the set goals for the rider and horse.'*