

Name of Rider: _____ Venue: _____

Session Subject: _____

Date: _____ Parent/Guardian present: _____

SESSION STRUCTURE		PRE SESSION PLAN
	Plan	
	Resources Needed	
	Safety Brief & Initial Introduction	
	Assessment (way of going of horse and rider)	
I	Introduction to Session Topic	
D	Demonstration (Visual)	
E	Explanation (Factual)	
A	Attend (Diagram here) (Practical)	
S	Summary & Cool Down	
	Feedback	

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SESSION EVALUATION

After assessing the horse and rider, could you adhere to your original session plan?	
Describe in detail what YOU did in the session What Exactly did YOU Say / Attend	
How did the rider perform? List improvement seen	
How did the horse perform? Use the Training Scale	
Reflection & Summary (bullet points) What did you achieve in the session? What would you have done differently? How would you achieve a different result? Did you achieve the goals of the session plan?	
Personal Development Coach (bullet points)	
Personal Development Rider (bullet points)	

Coach Signature _____