

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 _____