**WORK ON FORM**

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| **Goals** | **Exercises** | **Instructions** | **Key points** |
| **Verbal expressions to improve coaching** | **Speaking loud****speaking slowly****Speaking in a low voice****Alternate loud and low****Read a text****Speaking quickly****Speaking slowly****“Make up” words****To scream****Speaking linearly****Speaking while singing****Etc…****Make a diagnosis** | **To be heard by everyone****To be heard from some****Repeat certain keywords****Exaggerate diction****Sometimes being misunderstood****Always be understood****Use only vowels****Unpleasant voice****Monotone voice****Cover your ears****Detect your strengths / weaknesses** | **Use silence****Adjust the voice volume****Frequency of phrasing****The cadence of the phrasing****Articulate strongly****Volume exaggeration****To hear yourself speak****Self evaluation** |
| **Nonverbal expressions to improve coaching** | **Place yourself in a space****Use facial expression without speaking****Adopt different attitudes****Use parasitic gestures****No gesture****Using the gaze in different ways** | **To be seen by all****Say nothing****Connecting gesture to speech****Being nonchalant / Vertical / Leaning on something****Stay upright****Nod, blink ...****Hands behind your back / cross your arms****Peripheral / targeted gaze** | **Circle****Repeating gestures****Hold his sleeves****Use a cap****Video****Self evaluation** |

 **WORK ON CONTENTS**

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| **Goals** | **Exercises** | **Instructions** | **Key points** |
| **To know and to adapt the fundamentals of coaching****Master technical content with progression in coaching** | **Know how coaching****To do coaching****To be a coach** | **Discerning the different parts of a coaching lesson****To demonstrate****To explain****To coach****Pay attention to safety** | **Progression****Consistency****Imagination of exercises****Know several methods****To anticipate****To react****Self evaluation** |
| **Technical content with adapted progression in coaching** | **To adapt a pedagogy with targeted objective (s)****To use the equipment according to the activity / method** | **To know the characteristics of different audiences****(level of riders, disabled ...)****Use equestrian terminology****Estimate the riders at their fair value / understanding** | **Be helped by specialists for a specific audience****Regulate****Ensure safety****Self evaluation** |