**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** |