

ICP Levels I/II Teaching of Jumping Workshop – Day #1

Teaching of Show Jumping

(Subject to modification by Workshop Faculty)

T i m e	Workshop Activities/Schedule (8am-5pm)	Presenter	Notes
M o r n i n g	1. Introduction to ICP and to event riding instructional goals and methods. Introduction of ICP recommended Lesson Plan.	Faculty	
	2. Discuss safety/equipment check for riding/jumping; discussion of safe riding while jumping and while riding/jumping in a group situation.	Faculty & CIs	Need 1 demo rider
	3. Discuss seats: Light seat and its variations; jumping position; reference to rebalancing and drop jump seats, to be reviewed in more detail during cross country instruction. Exercises for establishing and confirming balance and security of rider in light seat.	Faculty & CIs	Use demo rider
A f t e r n o o n	4. Model teaching of the following: <ul style="list-style-type: none"> • Rider adequately applying, and the horse adequately accepting, the aids—seat, leg, and contact—for jumping work • Balance and tempo of the canter needed for show jumping • Gymnastics and/or fences to improve horse’s jumping, with discussion of horse biomechanics at approach, take-off, flight, landing, going away • “Seeing” balance, line, impulsion, speed throughout the jumping effort Meanwhile, candidates practice “seeing,” with faculty feedback	Faculty CIs practice	Need 1, 2, or 3 demo riders at N, Tg, and Prelim.
	1. Discuss stadium jump types, combinations, and course work. Also, related distances, turning, terrain, and footing. And correct measurement of distances. Discuss riding SJ course: issues of balance, line, impulsion, speed.	Faculty	
	2. Model teaching of one 20-minute lesson using SJ lines/courses and incorporating themes of the morning’s discussions. Also, <ul style="list-style-type: none"> • Discuss rider position, including use of arms through approach, take-off, flight, landing, going away. • Prescribe exercises and evaluate ride; then repeat and consolidate. • Communicate with rider, helping rider to evaluate own performance. • Address teaching and the psychology of rider and horse with respect to jumping: building of rider/horse confidence and harmony. • Address fear or tension in the student; choose level and horse appropriate to rider. 	Faculty	Need 1, 2, or 3 demo riders at N, Tg, <u>and Prelim.</u>
	3. Practice teaching of SJ by candidates, with feedback from faculty	CIs practice	Need 1 demo rider for each CI for a 20 minute lesson. Can run 2 CI lessons concurrently if there are 2 faculty. Use demo riders, N – Prelim.

At lunch time, Charles Owen representative or faculty demonstrates helmets and their proper fitting. (Helmets sent by USEA.)

ICP Levels I/II Teaching of Jumping Workshop – Day #2

Cross Country Riding and Jumping

(Subject to modification by Workshop Faculty)

T I M E	Workshop Activities (8am-5pm)	Presenter	Notes
M o r n i n g	<p>In the arena or outside of the arena:</p> <ol style="list-style-type: none"> 1. Discuss ways to practice XC jumping: single fences, groups of fences, whole course of fences. Use of poles and standards to enhance natural fences or to mimic natural fences when in the arena. 2. Discuss safety/equipment check for XC galloping, jumping, and riding in groups. 3. Review XC concepts: <ul style="list-style-type: none"> • Galloping position, Preparation Period with balancing-up position, and maintain balance-to-fence position • Placement of rider’s legs, body, arms, and head/eyes • Explication of desired effect of rider’s position and aids on horse’s balance, line, impulsion, speed • Various types of terrain and types of jumps • Conditioning requirements for N, T, P, CIC*, and CCI* with steeplechase • Use of studs 4. Model teaching of riders over different types of XC fences using poles and standards in the arena: single fences, angles, bounces, corners, ditches, combinations. 5. Practice teaching of XC by candidates, with faculty feedback to candidates during and after teaching. 	<p>Faculty</p> <p>Faculty</p> <p>Faculty</p> <p>Faculty</p> <p>CI’s practice</p>	<p></p> <p>Need at least 1 demo rider</p> <p>Need at least 1 demo rider</p> <p>Need 1, 2, or 3 demo riders at N, Tg, and Prelim.</p> <p>Need 1 demo rider for each CI for a 20 minute lesson. Can run 2 CI lessons concurrently if there are 2 faculty. Use demo riders, N-Prelim.</p>
A f t e r n o o n	<p>Outside the arena:</p> <ol style="list-style-type: none"> 1. Model teaching : <ul style="list-style-type: none"> • Galloping position, Preparation Period/balance-up position, and maintenance position • Gallops at 350 – 520 m/m, plus 640 m/m (for CCI* steeplechase) • Gallop up and down hill • Gallop with balancing up to verticals and oxers, ditches, banks, water, and combinations, with some P questions like bounces • Drop jumps with rider position and slipping of reins discussed 2. Practice teaching of XC by candidates with faculty feedback to candidates, during and after teaching. 	<p>Faculty</p> <p>CI’s practice</p>	<p>Need at least 1 demo rider at N, Tg, or Prelim.</p> <p>Need 1 demo rider for each CI for a 20 minute lesson. Can run 2 CI lessons concurrently if there are 2 faculty</p>

ICP Levels I/II Teaching of Jumping Workshop – Day #3

Cross Country Riding and Jumping
(Subject to modification by Workshop Faculty)

Time	Workshop Activities (8am-5pm)	Presenter	Notes
Morning	<p>1) Review of competition XC rules for N, T, P, CIC*, CCI*</p> <p>Outside the arena:</p> <p>2) Continue model teaching - Gallop with balancing up and maintenance to verticals and oxers, ditches, banks, water, combinations, and drops, <u>including some P questions and a steeplechase fence.</u></p> <p>Continue practice teaching - Candidate instructors rotate around fences and can practice teach and watch practice teaching of galloping and balancing up to the wide variety of XC fences mentioned above.</p>	<p>Faculty</p> <p>Faculty</p> <p>CIs practice</p>	<p>Need at least 1 demo rider at Trg or Prelim.</p> <p>Need 1 demo rider for each CI for a 20 minute lesson. Can run 2 CI lessons concurrently if there are 2 faculty. Use demo riders, N-Prel.</p>
Afternoon	<p>Outside the arena:</p> <p>1) Continue practice teaching of XC galloping and jumping by candidates. Continue assistance with student self-evaluation. Continue faculty feedback to candidates.</p> <p>2) Private sessions with faculty feedback for each candidate. Candidate and faculty review candidate's "seeing," knowledge, and teaching strengths and weaknesses.</p> <p>Written recommendations from faculty as well as suggestions from candidate of plans for improvement as an event riding instructor of jumping, including recommendations for reading, observing, and receiving mentoring.</p> <p>Candidate Evaluation Forms are mailed by organizer to USEA office.</p>	<p>CIs practice</p> <p>Faculty & individual CIs</p>	<p>Need 1 demo rider for each CI for a 20 minute lesson. Can run 2 CI lessons concurrently if there are 2 faculty. Use demo riders, N-Prel.</p> <p>About 15 minutes per CI</p>