



Western Competition Coach Lesson Plan Topics – Approved List

The following Topics may be used for the Western Competition Coach Rail Work Lesson

Topics: TO IMPROVE

- Speed Control (Pace Control)
- Collection
- Upward and Downward Transitions
- Rider Position
- Progressive and Non Progressive Transitions
- Spacing in a Group
- Stop
- Back-up

Lesson up to 20 mins

The following Topics may be used for the Western Competition Coach Maneuvers Lesson

Topics: TO IMPROVE

- Turn on the Haunch
- Turn on the Forehand
- Circles (large & small, fast & slow)
- Side-pass
- Two track (jog)
- Simple Lead Changed through Jog
- Stop
- Back-up
- Upward & Downward, progressive & non-progressive transitions

Lesson up to 30 mins

Basic Training Pattern Comprised of these Maneuvers:

- Turn on the Haunch
- Turn on the Forehand
- Circles (large & small, fast & slow)
- Side-pass
- Two track (jog)
- Simple Lead Changed through Jog
- Stop
- Back-up
- Upward & Downward, progressive & non-progressive transitions

Lesson up to 30 mins