



Coaching the Rider

Jane Houghton Brown

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Coaching the Rider Jane Houghton Brown

The definitive text on teaching the rider, this book covers all aspects of teaching technique including beginner riders, examination candidates and professionals competing up to international level. Areas covered include a history of riding instruction, teaching and coaching as a career, designing lesson plans, communication and people skills, goal setting and achieving that goal, psychology of teaching and how people learn, the horse/rider relationship, teaching the disabled, children and beginner adults, coaching for competition and overcoming nerves and rider limitations. The book starts with the theory and psychology of teaching and learning and moves on to teaching the beginner and pony and riding club work, followed by training the individual to improve riding skills for examinations or competitions.

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