

LTAD MODEL *(Long Term Athlete Development)*

1/FUNDamentals 2/Learning to train 3/Training to train 4/Training to compete 5/Training to win

PHASE	HORSE <i>(type needed)</i>	STAFFING <i>(team needed)</i>	FACILITIES <i>(facilities needed)</i>	INTENTIONS OF SESSIONS <i>(KPI's and areas of development)</i>
PHASE 1 Fundamentals	Therapy Horse Mechanical Horse	<ul style="list-style-type: none"> • Therapist Led • Coach Supported • Volunteer Assisted 	Therapy room <i>(preferably indoor school)</i>	<ul style="list-style-type: none"> • Fun, Posture, Trust Balance - basic confidence, safety, safe and confined
PHASE 2 Train to Ride	Riding School Horse	<ul style="list-style-type: none"> • Therapist Supported • Coach Led • Volunteer Assisted 	<ul style="list-style-type: none"> • 40 x 20 arena • Correct markers • Indoor school • D, X, and G marked Marker – for circles etc. 	<ul style="list-style-type: none"> • Suppleness, Balance - subtle • Accuracy - spatial awareness • Position, Safety and Confidence • Transitions & School Movements
PHASE 3 Train to Train	School Horse <i>or</i> Own Horse	<ul style="list-style-type: none"> • Therapist supported <i>(incl. strength and conditioning-sport psychology)</i> • Master Coach led • Athlete input 	<ul style="list-style-type: none"> • Introduce riding out <i>(Outdoor school - grass/different surfaces)</i> • White boards • Broken/solid arena <i>(inside a larger school)</i> 	<ul style="list-style-type: none"> • Balance and suppleness • Knowledge, effectiveness • Challenges - taking control • Analyzing • Dressage test
PHASE 4 Train to Compete	Competition Horse	<ul style="list-style-type: none"> • Team Assisted • Experienced Coach Supported • Athlete Led 	<ul style="list-style-type: none"> • Dressage arena <i>(correct size)</i> • More riding out <i>(different venues away from home)</i> 	<ul style="list-style-type: none"> • Transferability of skills • Influence, balance and suppleness • Knowledge, effectiveness
PHASE 5 Train to Win	Competition Horse	<ul style="list-style-type: none"> • Team supported • Athlete driven <i>(autonomous)</i> 	Able to ride anywhere and cope in any environment	<ul style="list-style-type: none"> • Coping under pressure • Winning mindset • Harmony/partnership • Test riding • Mental preparation • Strength and conditioning