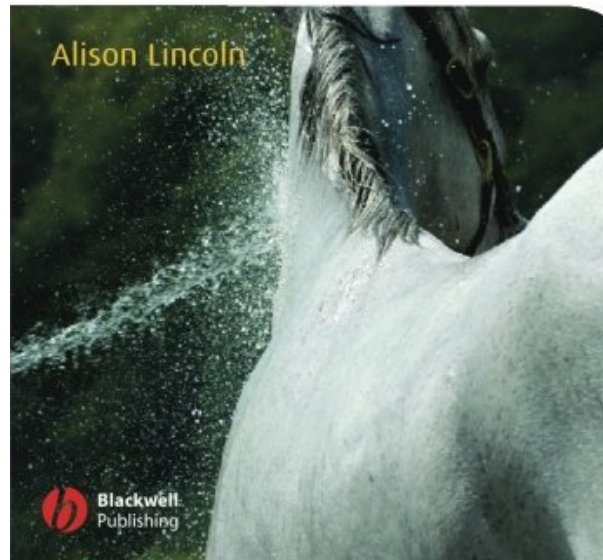


# EQUINE SPORTS COACHING BY ALISON LINCOLN



## Equine Sports Coaching

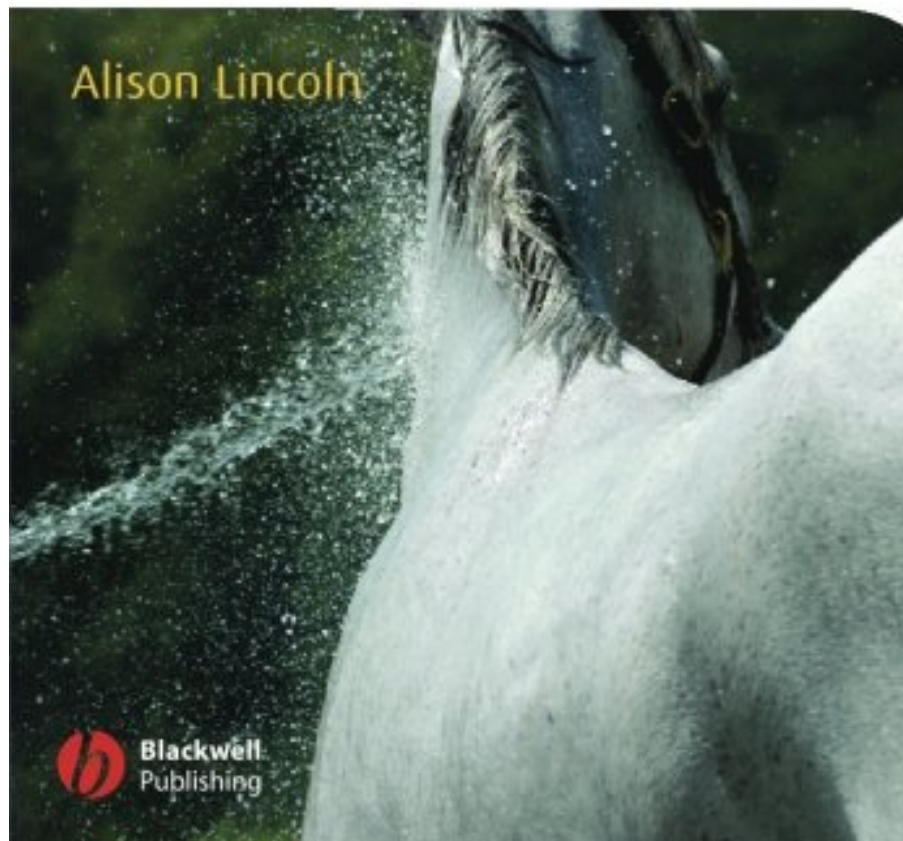


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A vital book for equine coaches. Drawing on tried-and-tested coaching practices used successfully in other sports, this book provides an introduction to coaching specific to the equine environment. The coaching process as a whole is addressed for both the horse and rider.

The UK Government Coaching Task Force highlighted the need for the development of coaching across all sports, which led to the introduction of the UK Coaching Certificate (UKCC). Soon any coaching of horses and riders will need to be done by qualified individuals only. Equine Sports Coaching is ideal for those studying for the UKCC or other qualifications in equine sports and leisure coaching.

## Key features:

- in line with UK Coaching Certificate qualifications
- covers performance analysis, periodisation of training programmes, sports psychology, and communication skills
- advises on the personal development of the coach to support career development in this field

## About the Author

Alison Lincoln has a BSc in Equine Sports Coaching, and has taught on Sports Science and Equine Science courses at several different colleges in the UK. She has over 10 years experience as a Pony Club instructor, as well as experience in business performance coaching and life coaching.

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