

Promemoria Riding lesson

Course/exercise

<p>DATE and TIME:</p> <p>PLACE:</p> <p>INSTRUCTOR:</p> <p>TOPIC:</p> <p>GOAL for the lesson</p> <p>GROUP</p> <p>EQUIPMENT:</p>		
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LESSION Time		The tecnic of riding. Things to observe (how to build up the riding)	Remember (time, safety, tempo, where to stand)
<p>Introduction</p> <p>Presentation and goalsetting</p>			

Main exercise What? Why? How? Show Instruction Practice			
Termination Spin down Feedback			

