

Training Module PA Fielder FBHS

The tradition has changed!

Expertise/costs/time/sport development.

- In the past we trained from more of an *interested* point of view
- Mainly from our family interests we worked with the horse and understood all aspects of training and welfare
- You develop. *"HUNGRY EYE'S"*
- Today riders look at riding as an *activity* and this brings a new kind of thinking
- Very much result orientated and many aspects get left out!
- To often riders don't watch others train or compete
- They don't take full responsibility!
- Training should bring out the best and hopefully develop life skills.

Team training

- Positive thinking obtains the goal
- To develop new skills
- The understanding and reasonability of looking after animals ~ caring nature
- To develop a better learning processes
- Working in a team & communicating with others an understanding & respect for others
- To develop a social intelligence and commonsense
- Self confidence with others and ability to communicate
- Not all will be winners, but to take away some of the above skills will be a help.

A great tool to have learnt and use in life.

"Life's competence"

What is my personal goal for this season?

The 24-Hour Athlete

- The rider has to feel secure and feel that they will get help from the trainer when they ask for it
- The trainer must know each single rider well
- The Trainer cannot work with large groups as they used to do
- But even if the trainer is important, the initiative and decision must come from the athlete himself.
- The driving force must be the athlete's inner voice not the voice of the coach.

“When you have been through a hard training session, it is a good thing to sit down with a book and forget the physical strain, the technique and everything. The muscles need to relax from what they have been doing so does the mind”

Another basic element of the module is that the mind shall be the leader:

The mind of the athlete

No matter the sport the athlete must acquire
“life's competence”.

- A person who is required to train 10-40 hours a week must take charge of his own training he or she cannot go to the training and work their way through as they did before
- They have to think through which details to concentrate on this particular session
- They must remember that each single minute and second is a moment of learning
- The one who takes advantage of each moment has the best possibility to succeed. Each day there is a possibility to improve.

To teach your self to learn is a “great challenge”.

We must remember that the first one to learn a new fact is the first one to put it into practice.

The one who believes in this will be the one most eager to learn.

Strategy

1. What are our goals?
2. Criteria to reach our success (goals)?
3. What do we have available at the present moment?

It is important to have the strategy, plans and goals written down on paper.

The trainers, sports managers, leaders and sports performers must function in order to get success.

Time allocation:

85% of the time is long term stable strategy

10% of the time is short time - small changes - integration - experiments

5% is the minimum time for sudden changes - coping with crisis - unexpected problems.

**GETTING IT RIGHT ON THE DAY...
IS GETTING IT RIGHT YEARS AND MONTHS AHEAD.
THE DAY WILL TAKE CARE OF ITSELF.**

Motivation

It is as a result of inter-reaction between situations, the person and their thinking.

Work through goal setting

Which category do you see yourself in?

Results oriented person:

1. Compares results to other competitors through results
2. Wants to be a winner
3. Uses natural talents/gifts
4. Important to win
5. Finds training boring
6. Self-improvement is not enough

Learning process for the result oriented rider:

1. Tendency to choose either too easy/difficult challenge
2. Shows signs of giving up when meeting too difficult a task
3. Not always concentrating when learning or training on a new objective
4. Uses their natural talent to solve problems

Self-improvement person:

1. Has themselves as a reference
2. Focus on becoming a little better each time
3. Wants to be more knowledgeable
4. Shows patience
5. Competitions are used to test himself

Learning process for the result oriented rider:

1. Will choose challenging goals
2. Finds making errors is a natural way of learning
3. Generally willing and adaptable to new challenges
4. Able to keep or increase their willpower when they meet difficult problems

Mirror Training

In the past there has been a tradition to train by repetition rather than education.

In the future, we must try to avoid this form of training.

AS PREVIOUSLY EXPLAINED, WE SHOULD TRAIN THROUGH EDUCATION.

THE SPORTS PERFORMER SHOULD GO TO THE TRAINING TO TRAIN NOT TO BE TRAINED.