

Training Evaluation



Horse _____

Location _____

Coach _____

Date _____

~ The Session ~

What went well? _____

What would I like to support differently next time?

How did I feel?

Calm Focused Nervous Energised Tense Distracted

Something else? _____

Which exercise seemed most helpful for my horse today? _____

What changed or felt easier as a result? _____

What helped me as a rider today? _____

~ Looking Ahead ~

What do I need to practice? _____

Do I have any questions? _____

