



Online video coaching Instructions

INTRODUCTION

Whether you are just interested in getting inspired for your daily training, need pre-purchase advice, want to have an understanding of your horse's load capacity and trainability, want to get started with functional training or getting a confirmation that you are on the right track and what the next steps could be, or wanting help with a particular exercise or challenge, the online coaching sessions will help you to progress with your horse towards optimal movement in balance, self-carriage and lightness.

We will put the theory into practice and can address any challenges you might have. After the session, you will be inspired in your journey and have lots of homework to continue independently at home.

Why have video sessions?

Video sessions are a great add-on to live tuition as it provides the following benefits:

- ✓ Zooming in on details through slow-motion and screenshot features
- ✓ Develop your feel by getting a front row seat to your own training
- ✓ It allows you to document progress over time
- ✓ It allows you to fully take in feedback and spread out your focus

Online coaching sessions are useful in many different scenarios:

- Sometimes you might have the idea that the shoulder-in goes great, but on the video, you see that the horse is overbent in the neck. This will help you to develop correct feel and catch any postural restrictions before they become a limiting factor in the future.
- Sometimes you might feel something is off or hit a plateau, but you can't really pinpoint it. Through video analysis using slow motion, you can catch the little detail that is limiting you and your horse and find a way forward again.
- Sometimes, you might be so focused on the horse, that it is hard to control your own body. You might think you are aligned or straight, but on the video, it might look totally different than your perception. This will help you to master yourself.
- Sometimes, you might lose confidence or micro-manage a bit too much out of worry, only to find out that you are doing great and have come a long way.
- Sometimes, you might get stuck in your training or lose motivation. Through an online coaching session, you get inspired and challenged again.
- Sometimes, it is hard to remember all the feedback from your coach during a training session. Having a recording helps you to consolidate the feedback.

Conditions

- **For the first coaching session only**, a video assessment must be submitted next to your training footage to determine load capacity and trainability of your horse as a baseline for future progress. More information can be found in the assessment instructions manual provided in Module 2. Biomechanics.

First applications without assessment footage will be declined.

- All videos must adhere to the general video quality outlines specified under general filming outlines.

General filming requirements:

- No blurry or very shaky footage accepted
- Keep the camera as steady as possible
- Use the zoom function as much as possible
- Film horizontal so the images fill up the entire screen
- Don't film too much against sunlight and be aware of dark shadows

Session coverage & format

Depending on what is needed to support you and your horse, sessions can cover:

- Pre-purchase advice
- Biomechanical assessment
- Groundwork
- Work in Hand

ONLINE VIDEO COACHING INSTRUCTIONS

- Lungeing
- Long Reigning
- Riding
- Freestyle

Each session will consist of feedback, discussion and answering of questions, a proposed homework schedule and a suggested timeframe for a follow-up session.

There are two options to enjoy an online coaching session.

- **LIVE online lesson**
- **Pre-recorded session**

Below you can find specified information for each option and how to get the most out of it.



A ridden online coaching session with a student in Australia

LIVE ONLINE SESSION (45-50 min)

As the name suggests, the **live online lesson** is one in which we have direct interaction. You have someone – or a good tripod – film you while we connect via zoom or pivo meet. You will receive instruction via a Bluetooth headset. The session will be recorded to watch again afterwards.

What do you need?

1. (Video) camera

A good phone camera is also allowed. Don't have anyone to film for you? Then invest in Pivo – a robot device for your smartphone specifically designed to film equestrian activities with a tracking function. More info via: <https://pivo.ai/products/equestrian-edition>



2. Steady internet connection

The internet needs to be sufficient in your training area so please test this beforehand.

When the internet connection fails during a live session, there will be a 5-minute leniency policy. If the internet connection is still not sufficient to resume the session, you can continue to record your training session offline and submit it afterwards for a pre-recorded session instead.

3. **Bluetooth headset**

To hear my feedback directly in your ear. The Bluetooth headset needs to have a range of at least 15m.

4. **Zoom or Pivo Meet**

To set up the lesson. A Zoom meeting will be provided directly after booking your session. Simply click on the link provided in the confirmation email to join. Pivo meet is an app for online lesson that comes for free with the Pivo Pod. It will livestream your training session while filming you and your horse.





How does it work?

1. Go to the website www.thirzahendriks.com
2. Hover over the members section and select "lessons and classes"
3. Select "online coaching session" and pick a date and time that works for you. The calendar availability will be updated every month. You must book at least 7 days in advance.

The booking tool will show the times in your local time zone.


4. Confirm your booking and pay the fee.

You will receive an automatic confirmation email with a Zoom link.

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Available services



Online coaching session

45 min

[Book now](#)

5. Test and set up your equipment

If you use a tripod, try to find the widest angle and film horizontally.

* If you are booking a coaching session for the first-time a video assessment must be included to determine load capacity and trainability of your horse. The assessment footage should take no more than 5-8 minutes and the additional time left can be devoted to show your current training.

For any consecutive sessions, the full session time can be used for training only.

6. Join the Zoom link or sent an invitation for Pivo Meet to

support@thirzahendriks.com

7. Enjoy your session and practice your homework for a next time

PRE-RECORDED SESSION

During this session, you submit a pre-recorded video of a training session that you upload on an online platform of your choice. During a one-on-one Zoom meeting we will go over the video together and I will provide feedback and give you homework to progress. The session will be recorded to watch again afterwards.

A pre-recorded sessions provides the opportunity to go over details in slow motion.

What do you need?

1. **(Video) camera** → A good phone camera is also allowed. Don't have anyone to film for you? Then invest in Pivo – a robot device for your smartphone specifically designed to film equestrian activities with a tracking function More info via: <https://pivo.ai/products/equestrian-edition>
2. **Internet connection** → to upload your video to either YouTube or Vimeo. Uploading instructions can be found on the next pages.
3. **Zoom**
To set up the lesson. A Zoom meeting will be set up by Thirza Hendriks directly after booking your session. Simply click on the link provided in the confirmation email to join (you do not require a Zoom account yourself).



How does it work?

1. Test and set up your equipment. Make sure your camera is recording to avoid disappointment later.

Record your training session for **max 20 min.**

* If you are booking a coaching session for the first-time video assessment must be included to determine load capacity and trainability of your horse. The assessment footage should take no more than 5-8 minutes and the additional time left can be devoted to show your current training.

For any consecutive sessions, the full 20 minutes can be used for training only.

2. Reward your horse and stop the camera
3. Don't edit the video too much – it is not about perfection but about training. The goal is learning and not delivering a test.
4. Upload the video to either Youtube or Vimeo using the instructions below this page.
5. Book an online session to discuss your footage on the website www.thirzahendriks.com
6. Hover over the members section and select "lessons and classes"
7. Select "online coaching session" and pick a date and time that works for you. The calendar availability will be updated every month. You must book at least an hour in advance.

ONLINE VIDEO COACHING INSTRUCTIONS

The booking tool will show the times in your local time zone.

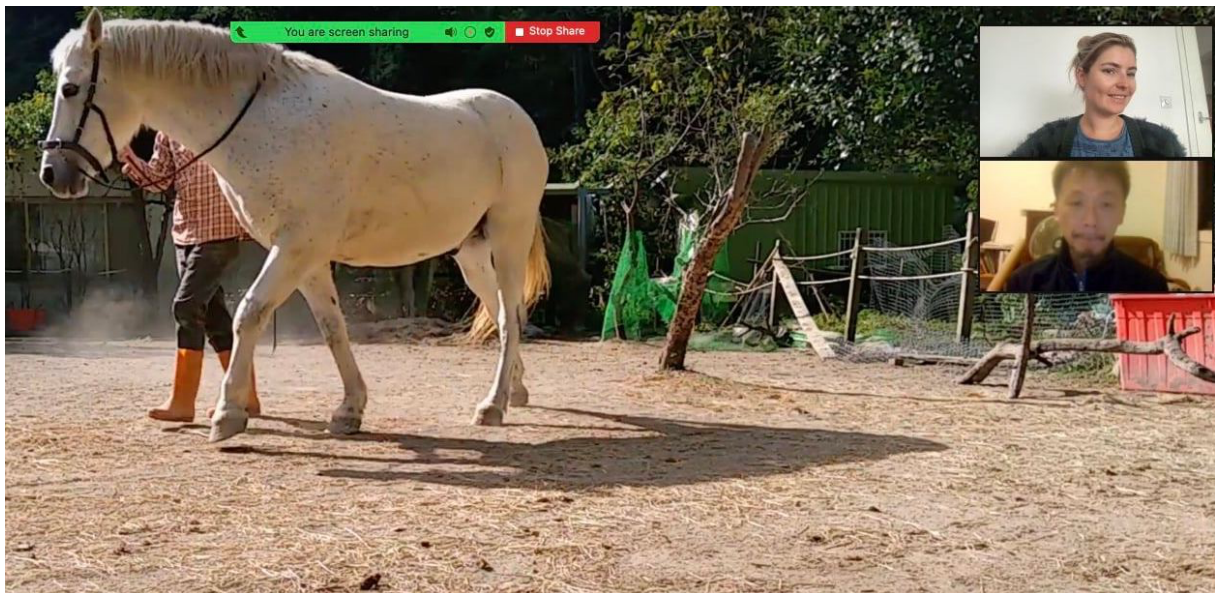
8. Confirm your booking and pay the fee.

You will receive an automatic confirmation email with a Zoom link.

9. Send the link of the recording maximum 24hours prior to support@thirzahendriks.com titled "'online coaching upload link''

10. Join the Zoom link or sent an invitation for Pivo Meet to support@thirzahendriks.com

11. Enjoy your session and practice your homework for a next time

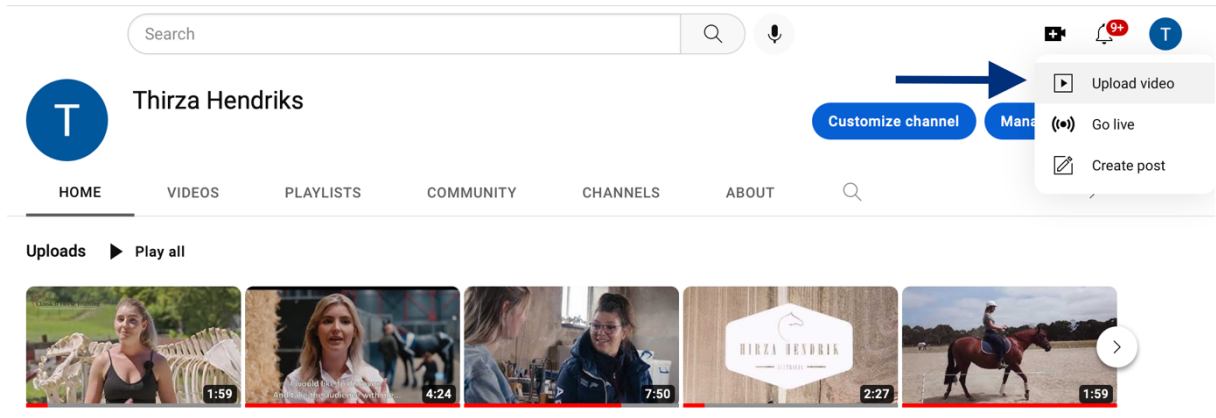


A work in hand online coaching session with a student from Taiwan.

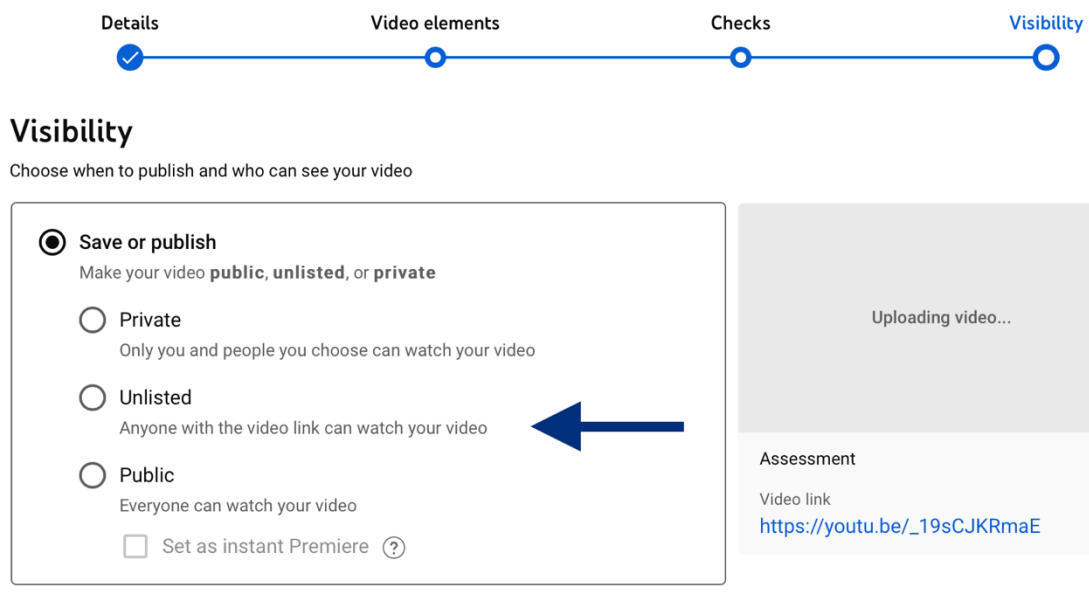
Video upload instructions

Youtube

1. Log in to your account and click on create and select "upload video"



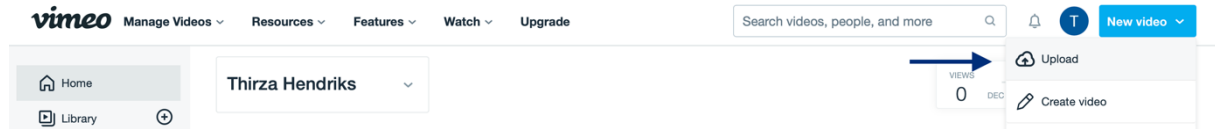
2. Select files and set privacy either as public or unlisted



Don't forget to submit the link prior to you session!

Vimeo

1. Log in to your account & upload the video.



2. Select privacy settings to either 'Anyone can see this video' or 'Only people I choose can see this video'.

