



On Line Education Resources

To be successful in the horse racing you need a combination of skills.



There are the skills of horse handling and/ or riding that are the core of your skill set. There is a high level of fitness and suitable healthy living styles required. But to be very successful in this industry, you also need what we call the soft skills

We will publish links to videos and articles that include- workshops, specific riding skill videos and sport specific fitness research to help you improve your skill sets and your career in

the horse race industry. We will also include roundtable panel discussions and videos of the race industry giants and member teachers and coaches.

Photo by Nadine Frampton Student: Ben Thompson Coach Gary Watterson, Head Jockey Coach, South African Jockey Academy

Riding/ Handling skills.

[How to use the whip in a race.](#) This excellent video produced by the British Racing Authority shows the race rider how to hold the whip and how to change sides for effective use of the whip during a race.

Soft Skills:

Do you wonder why another rider or worker is getting more rides or jobs than you, even when you're riding and handling skills may even be better? Perhaps the answer lies in; they are better with the soft skills of communication, conflict management, and professional deportment when meeting trainers and owners that make the decisions as to who gets the ride or the job.

There have a number of workshops that have held as part of the IFHRA meeting and the Arabian Global festival. These workshops are linked to this page. All are designed to help you improve your skill set.

[The art of communication and listening](#) This workshop was presented *in Feb 2016*. ISO Communication and Public Speaking workshop - National Archives, Abu Dhabi

It takes much more than talent to be a top winning jockey watch this [Roundtable](#) with some of the great Jockeys and athletes as to the skill sets needed to be successful Conference for Education & Training (IFAHR) - Abu Dhabi 2015 - Day1, 2nd Session time 1 hr 13 minutes

Fitness and Healthy Nutrition

This video is a [presentation](#) and panel discussion of top sport doctors and sport health professionals. Several studies on jockeys are presented; studies include health, vision, foods nutrition and proper sport specific additional exercise. The "Jockey diet study" is presented. The presentation includes the second year results of a three year study partnered with the Arabian Global festival organization to develop a healthy Jockey diet to maintain Jockey weight Conference for Education & Training (IFAHR) - Abu Dhabi 2015)

Coaches Corner:

Videos:

The most common [error](#) with Apprentice riders : interview with Jimmy Bleasdale with Darek Thompson - Muscat Oman

What are the most [important skills](#) needed to become a jockey: interview with Kai Schirmann with Darek Thompson - Muscat Oman

May-16 Page source <http://www.ifhra.ae/en/index.php>