



# FUNdamentals of Climbing 1: Movement

A one-day workshop organised by the BMC for people teaching and coaching climbing. Broaden your knowledge of athlete development, and develop your coaching techniques for indoor and outdoor climbing.

## Developing the FUNdamentals of climbing

Most instructors and volunteers who introduce climbing to youngsters will be involved in this FUNdamental stage. The core skills and areas of knowledge that an instructor / coach should be aware of are:

- Warming-up, floor and wall games
- Climbing games
- FUNdamental 'movement' climbing skills
  - ABC of climbing – Agility, Balance, Coordination
  - Identification of 'movement' climbing skills
  - Correcting FUNdamental 'movement' errors
- Precise and accurate footwork
- Handhold use and terminology
- Long term athlete development: windows of opportunity and critical periods

### BMC PARTICIPATION STATEMENT

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement

**Workshop Cost:** £75 for BMC members and £90 for non-members. Course fee includes wall entry fee, but not food or refreshments.



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## Workshop programme

09.15	<b>Arrival and Refreshments</b>
09.30	<b>Introductions</b> Aims and objectives for the day
10.15	<b>Agility, Balance and Coordination</b> Warming-up Floor and wall exercises
11.15	<b>Common climbing errors</b>
11.35	<b>FUNdamental Climbing Skills</b> Centre of Gravity Weight Transfer Economy of Climbing Movement
13.00	<b>Lunch</b>
13.45	<b>Footwork</b> Awareness of useable parts of the boot Precision and accuracy Understanding friction Foot swapping
15.15	<b>Handholds</b> Terminology Hand swapping
16.00	<b>Long Term Participant Development – LTPD</b> Stages of climbing development Chronological versus biological age Windows of opportunity Trainability vs adaptability in childhood Critical or sensitive periods of growth Overall physical, cognitive and emotional development
17.00	<b>Finish</b>