



**climb  
SCOTLAND**

# **Climbing Session Templates (students)**

## **Indoor sessions: full day**

- Meet and greet
- Explanation of the day's activities
- Warm up
- Climbing / skills teaching
- Lunch
- Climbing / coaching
- Warm down and games

## **Indoor sessions: short session (2 hours)**

- Meet and greet
- Explanation of the day's activities
- Warm up
- Climbing / skills teaching
- Warm down and games

## **Outdoor sessions: full day**

- Meet and greet
- Travel to venue if required
- Gather at venue
- Explanation of the day's activities and hazards
- Warm up while ropes are being rigged
- Climbing / skills teaching
- Lunch and re-rigging ropes if required
- Climbing
- Warm down and games

## **Outdoor sessions: short session (2 hours)**

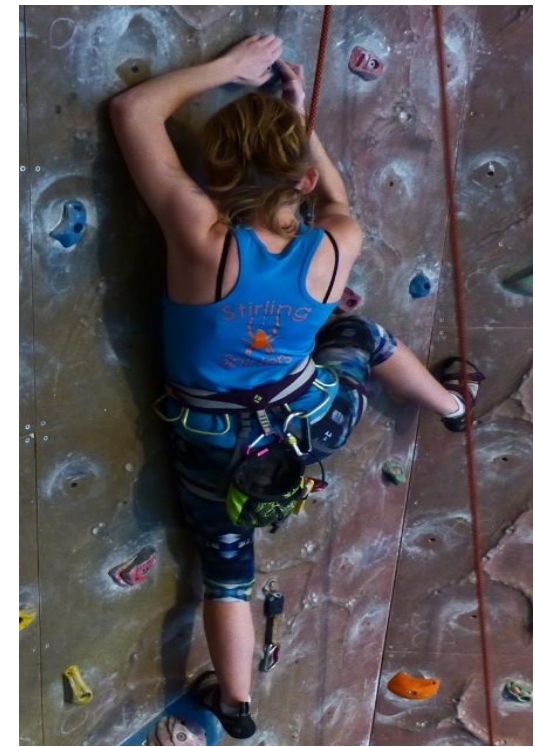
- Meet and greet
- Travel to venue if required
- Gather at venue
- Explanation of the day's activities and hazards
- Warm up while ropes are being rigged
- Climbing / skills teaching
- Warm down and games

## Full day - Indoor

- Group gathering (gear on) -----(10 mins)
- Safety briefing and explanation of days activities ----- (5 mins)
- Warm up exercises and games -----(20 mins)
- Skills teaching (knots, belaying, bouldering) ----- (1 hour 30 mins)
- Lunch -----(45 mins - 1 hour)
- Climbing - focus on getting as much climbing as possible, include coaching----- (3-4 hours)

## Short session (2 hours) - Indoor

- Group gathering (gear on) -----(10 mins)
- Safety briefing and explanation of days activities ----- (5 mins)
- Warm up exercises and games -----(20 mins)
- Skills teaching (knots, belaying, bouldering) -----(20 mins)
- Climbing - focus on getting as much climbing as possible, include coaching ----- (1 hour)



## Full day - Outdoor

- Group gathering (gear on) -----(10 mins)
- Safety briefing and explanation of day's activities -----(10 mins)
- Warm up exercises and games -----(20 mins)
- Skills teaching (knots, belaying, etc) -----(1 hour 30 mins)
- Lunch -----(45 mins - 1 hour)
- Climbing - focus on getting as much climbing as possible, include coaching -----(3-4 hours)

## Short session (2 hours) - Outdoor

- Group gathering (gear on) -----(10 mins)
- Safety Briefing and explanation of day's activities -----(10 mins)
- Warm up exercises and games -----(20 mins)
- Skills teaching (knots, belaying, etc.) .....(30 mins)
- Climbing - focus on getting as much climbing as possible, include coaching -----(50 mins)

# Warm up activity suggestions:

## Cardio

### Cardio

- Jogging
- Shuttle runs
- Burpees
- Tig / tag
- Walk around the rope ring

## Dynamic stretching

- Cycle
- Stair runs
- Skipping
- Hula-hoops
- Star jumps

## Progressive climbing

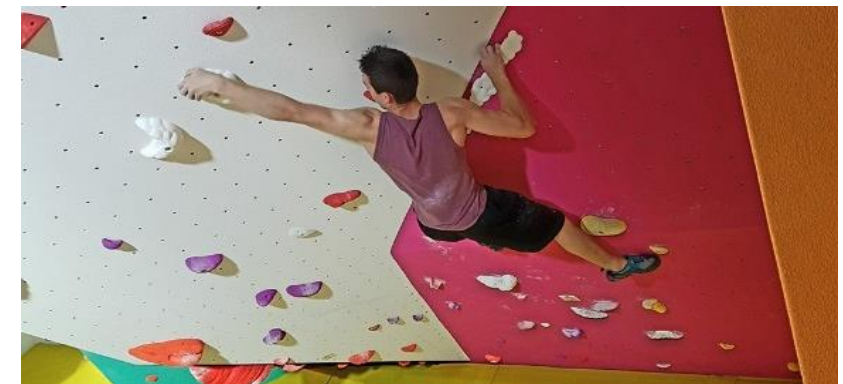


## Dynamic stretching

- Neck: turn your head side to side until you feel the stretch - 10 x each side
- Shoulders: windmills - front, back, opposites - 10 x each way
- Pelvis: feet shoulder width apart, imagine a pen below you, write your name on the floor
- Hips: leg swings, as high forward and as high backward as you can - 10 x each side
- Ankles and wrists: roll ankles and wrists one way then the other - 10 x each side

## Progressive climbing

- Start on easy climbing: juggy climbing, easy on the fingers
- Slowly build up the grades: progress slowly on to harder climbs
- Never start hard: starting on hard climbs puts strain on cold tendons = Injury
- Warm up until you start to feel pumped, rest for 10-15mins - ready to crush!



# Coaching tips

## Footwork

- Accurate footwork
- Using the best part of your shoe (tips and edges)
- Use the best part of the hold
- Never use the arch of your foot
- Heel hooks - pull with your heel, point your toe away
- Toe hooks - pull with your toe, curl your toes towards you



## Body positioning

- Keep centre of gravity (hips) close to the wall at all times
- Twist your hips from side to side to gain more reach for moves
- Find the most comfortable body position before you make a move
- If it feels strenuous, there's a better way to do it.

## Movement

- Use your legs to stand up to make moves instead of pulling with arms (straight arms)
- Twist your hips from side to side to gain more reach for moves
- Try to move statically - increased control increases success

If you need to be dynamic:

- Build momentum / swing
- Use momentum over power
- Go first time!



## Some games and challenge suggestions

### Games: Indoor

- Capture the item on the wall
- Add on
- Walk around the rope ring
- H.O.R.S.E.
- Volcanos and craters
- Toilet tig
- Pass the ball on the wall
- Find the 'no hands rest'
- Eliminator
- Drag race
- Draw your leader

### Technique: Indoor

- Silent foot challenge
- Erase the face
- Slo-mo challenge
- Touch the most holds
- Find the positions (drop knee, bridge, rock over)
- Make a boulder problem
- Lucky draw
- Copy the climbing style
- Corky
- Edward tennis ball hands
- Slab toe stab
- Balloon pass

### Games: Outdoor

- Find the holds (jug, pinch, pocket, crimp)
- Ninja
- Find the best gear placement
- Traverse challenge
- Uncoil a rope race
- Find your favourite hold
- Find the route in the guidebook

### Technique: Outdoor

- Find the best rest
- Plan your route
- Slo-mo challenge
- Climb the slab no hands