

Climbing Academy's

Kids Clubs / Academy's

The differences

Coaching

Coaches Requirements:

- 1 Reliable; able to give time commitment.
- 2 Good relationship with children and good discipline
- 3 Record keeping
- 4 Child protection coach child relationship
- 5 Good knowledge of training methods and injury prevention
- 6 Be able to structure a training program
- 7 Be able to plan and structure sessions 2 hours including warm up.

Types of training

- 1 Warm Up
- 2 General fitness training / circuit training
- 3 Identification of weaknesses / observational skills
- 4 Bouldering training methods
- 5 Route training methods

Strength

Endurance

Bouldering

Hard problems
traverses
Repeat 3x

Hard Problems

Routes

Routes

Dog routes too hard to
Continuous

lead
/25

Top rope routes at limit
with falls

Strength Endurance

Bouldering

Up one problem reverse
another back up first problem

Repeat problems 3 to 5 times
no rests

Routes

Repeat 3x 1 minute rest

Climb a route reverse another
then climb back up on lead to

Climb a route lower off repeat
3 to 5 times

Bouldering

Long easy

climbing for 20

minutes

Games / Fun Competitions