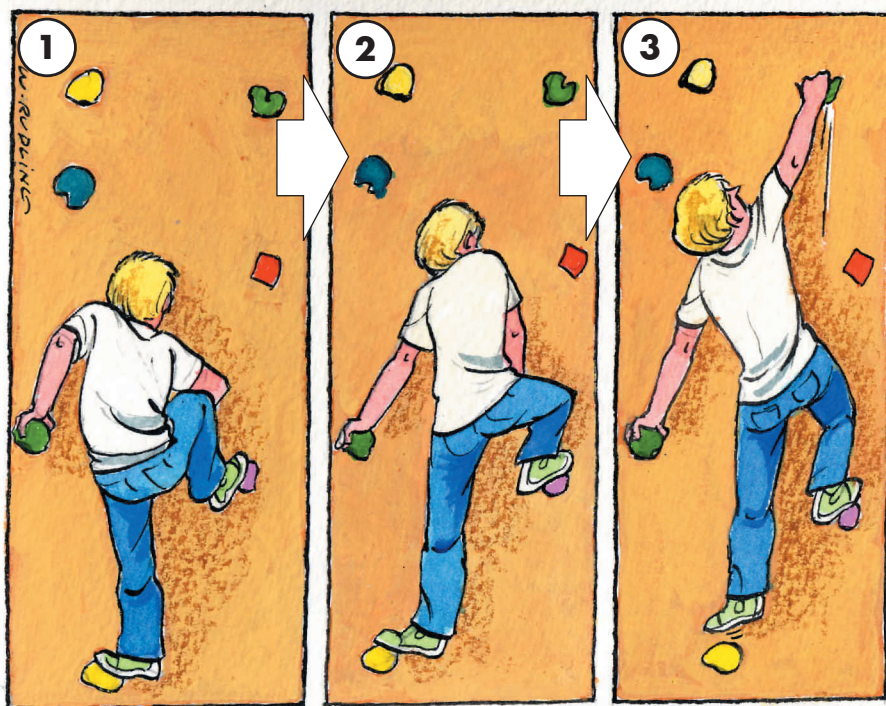


MAKING THE MOST OF FOOTHOLDS

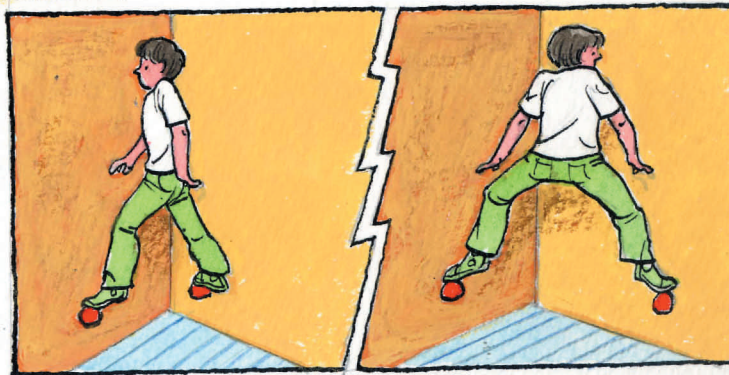


Rock over sequence

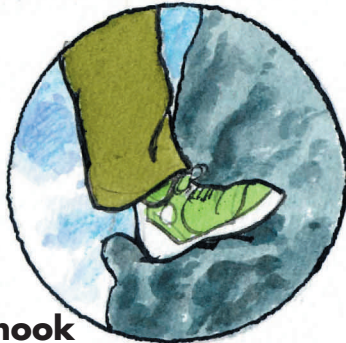


Egyptian

2 ways to Bridge



Smear



Heelhook

Activity

Working in spotter/climber pairs try to find a place on the wall to do each of the moves. Make sure you both try each move (spotted by your partner). Show your leader when you have managed to do each move.

Rock over

Find a high foothold, rock your weight over onto it and then stand up.

Egyptian

Good technique for steep rock. Concentrate on twisting to pull the hips as close into the rock as possible.

Heelhook

Pulling with the heel can allow you to take some weight off your arms - for a rest, to help you move up or to help you balance.

Smear

Using a less steep angle in the rock as a friction foothold when there are no 'normal' footholds. Requires sticky-soled rock boots or very rough rock to work well.

Bridge

Good way to climb a corner or a good way to rest your arms. It helps if you are flexible!

for **Review & Evaluation** see reverse of card

MAKING THE MOST OF FOOTHOLDS

Review & Evaluation

- What move felt hardest to do?
- What did you do to make it easier?
- Which moves allowed you to rest your arms the most?
- What did you and your partner do well?
- What do you and your partner need to improve on?

Organisation & Resources

Context:

This session introduces a range of important techniques that will help climbers to make the best use of footholds. You may wish to demonstrate each technique before getting the group to practise it.

Preparation

You might have to move holds on your wall to create enough places to practise the different techniques.

Alternative activity - flashcards

You can create a set of 'Footwork flash cards' using the resource file in the CD rom. You can then stick them to the wall at suitable points where there are holds that allow the move to be made. Pairs visit each card in turn, read it and then take turns to do the move shown on the card.

Differentiation & Progression

Easier: Use marked 'footholds' on the floor to practise the egyptian and bridge techniques.

Harder: Incorporate the flash cards into a traverse where climbers traverse to the card, do the move, and then continue on to the next card.

Skills & Knowledge

- Recognise and applaud achievements of others.
- Provide constructive support and feedback to others.
- Appreciate own strengths and limitations.
- Talk openly about successes and setbacks.
- Evaluate experience and apply lessons learned.
- Improve own learning and performance through reflective thinking and actions.
- Self-reliance.
- Develop, adapt and apply skills.
- Positive self-image.

Activity skills

- Footwork techniques and terminology: rock over, egyptian, heelhook, smear, bridge.

Safety Points

As Card 1