

MAKING THE MOST OF HANDHOLDS



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 found a place to do each move.

Review & Evaluation

- What handhold/moves did you find the hardest?
- Was this the same for your partner?
- How can you improve on your weaknesses?
- Which handholds are best for shaking out from?

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Safety Points

As Card 1.

Differentiation & Progression

Easier: Use marked 'footholds' on the floor to take more of the climber's weight off their arms when practicing handhold positions.

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.

Organisation & Resources

Context:

This session introduces a range of techniques that will help climbers to make the best use of handholds. It may form the basis for more than one session. You may wish to demonstrate each technique before asking the group to practise it.

Preparation

You may have to move holds on your wall to create enough places for pairs to practise the specific techniques.

Alternative activity - flashcards

You can create a set of 'Handhold flash cards' using the resource file on the CD. 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.

Skills & Knowledge

- 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.
- Develop, adapt and apply skills.
- Positive self-image.

Activity skills

- Handhold types/techniques and terminology:

jug, edge, undercut, pinch, pocket, sloper, jam, slap/dyno, shake out.

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