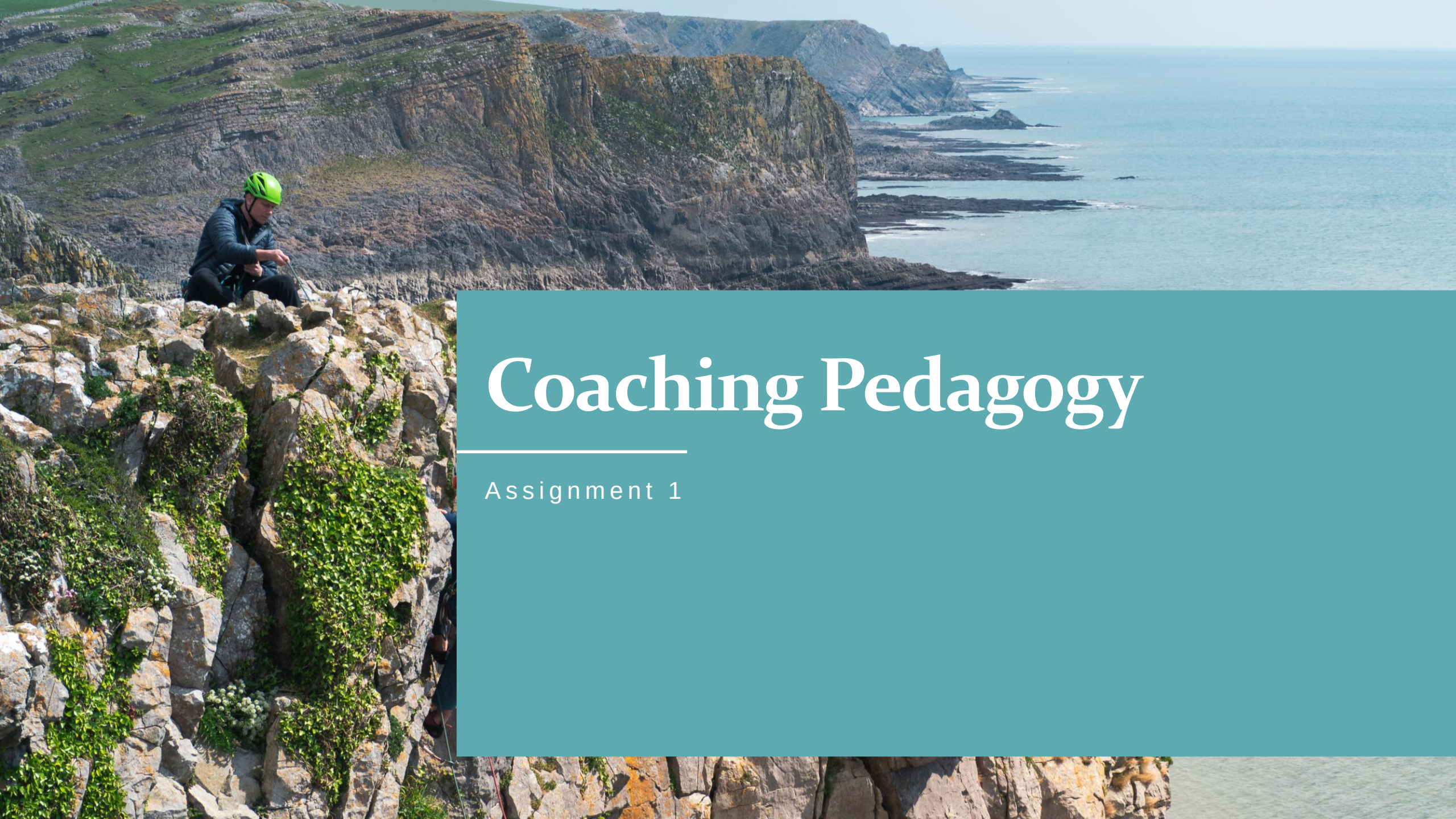




Coaching Pedagogy

Assignment 1

Coaching session					
Date: 23/03/22	Number of participants: 2-4 Ability level: mixed, all had climbed at least once before.	Duration (mins): 60 Title of unit of work: Coaching Climbing		NC ref & Level/Syllabus: This session plan follows the Mountain Training Association coaching syllabus.	
Resources: Tennis ball Blindfold Climbing shoes Climbing holds			Health and Safety Issues: Safety briefing before the activity takes place Risk assessments will be created A dynamic risk assessment will be conducted before the session begins, and identified hazards will be avoided and if necessary, brought to the attention of the group.		
Learning Outcomes: By the end of the session the group should have shown progression in there climbing technique, terminology, and knowledge. This will either be shown physically in there climbing ability or verbally as their terminology of the sport is improved. The participants will show improvements on a set route from the start of the session to the end of the session.					
Response to previous assessment of pupils’ work in planning this lesson: The number of participants, wall availability.			Skills Framework Focus: I will be referring to correct terminology and technique provided by MTA and applying it with coaching theory.		
Lesson Structure					
Time	Activity Sequence	Organisation	Teaching and learning Methods	Points to Remember	Assessment Focus
	Warm-Up/Introduction (Expectations and sharing learning outcomes) Pulse raiser: - Cone jogs - Sprints Dynamic stretches with sprints in-between: - Lunges - Open & close the gate - High jumps- opposites arm to leg - Ankle rotations - Opposite arm to toe - Arm rotations - Opposite arm rotations - Wrist rotations - Finger exercises - Neck exercises - Different hold exercises - Squat hold passes - Climbing traverses All of which will warm up the participants appropriately for their climbing session. Both physically and mentally, along with directly leading into the following exercises.	In pairs for most of the session. Depending on numbers, space and	The coaching will aim to allow for a reciprocal style of coaching to allow participants to critic the others technique and help improve it. It will also attempt to provide a learning environment that allows for guided discovery.	- Safety of everyone - Organisation - Pace of the lessons- make sure it doesn't become laborious, as well as not to fast paced. - Create a positive learning environment - Ensure that feedback is constructive and understandable.	- Question and Answer - Observation - Participant response - Video evidence
	Development The coaching will progress from: - a full speed demonstration - a breakdown of the movement / technique - a chance to attempt the movement in pairs where they can help each other - Video evidence to show how they move Core session Ninja feet- aim to be as quiet on the wall as possible or a blindfolded participant will throw a soft ball at them. progression- the coach will advice on how they can improve their technique in ways like focusing on their feet, not taking their eyes of them until it firmly placed on a hold. Planned route- the coach will have set a route that will consist of a variety of moves challenge the participants. The aim is to teach of the moves individually so that they can stich the sequence together themselves. The coach will also show the participants a video recording themselves attempting the moves, with this and questioning the participant the coach can create a cognitive development style of learning.				
	Warm Down / Conclusion the coach will get the participants to do some easy cool down climbs, appropriate to their level and some stretches that will improve flexibility in the future.				
Contingency Activity (what if?): if venue was unavailable then the coach will use the climbing wall in the sports hall.				Homework: N/A	

Session Plan

The Learning Outcomes that I had for the session where:

"By the end of the session the group should have shown progression in there climbing technique, terminology, and knowledge."

"This will either be shown physically in there climbing ability or verbally as their terminology of the sport is improved."

"The participants will show improvement on a set route from the start of the session to the end of the session."

The Warmup

Positives

Pulse raiser:

- Cone jogs
- Sprints

Dynamic stretches with sprints in-between:

- Lunges
- Open & close the gate
- High jumps- opposites arm to leg
- Ankle rotations
- Opposite arm to toe
- Arm rotations
- Opposite arm rotations
- Wrist rotations
- Finger exercises
- Neck exercises
- Different hold exercises
- Squat hold passes
- Climbing traverses

Positives

- It got the participants pulse raised
- Was engaging
- Covered all the fundamental movements
- Was sport specific

Areas to improve

- Could have integrated different exercises together
- Could have had contingency warmup exercises
- Should have gotten the participant to put on their climbing shoes on earlier



R.A.M.P

Raise- body temperature, heart rate, respiration rate, blood flow and joint fluid viscosity.

Activate- key muscle groups.

Mobilise- key joint that will be used in the chosen sport.

Potentialiation- sport specific activities.

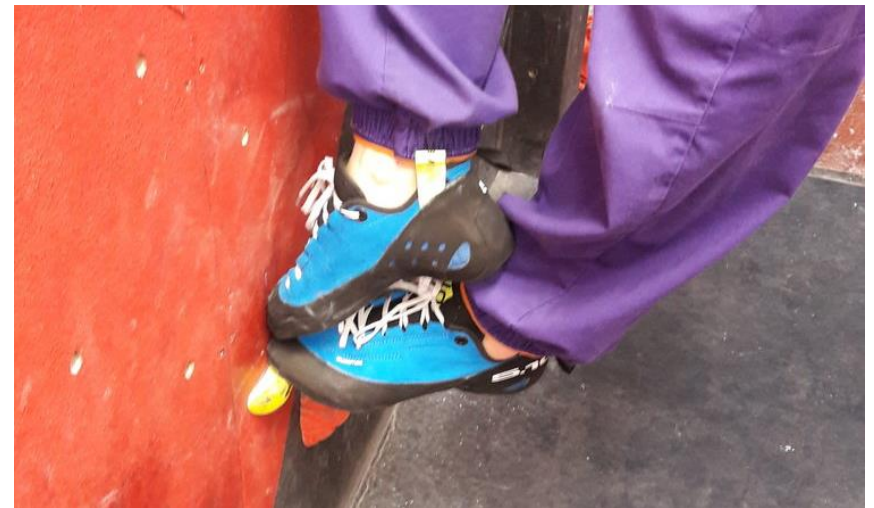


Traversing

During the end of the warm up I thought it was important to use the potentiation section of the R.A.M.P anagram.

This allowed me to identify the participants habits and technique that I could instantly work on.

I recorded them which was also beneficial as it allowed me to provide them with a visual medium to help further my coaching points.





Action Research Cycle

So, my initial theory of practice was to get the participant to engage in some exercises and games. Upon watching the participants, I was able to evolve the theory of practice to ensure that they could improve show signs of improvement.

A low-angle, close-up photograph of a person's legs and feet as they hike. The person is wearing dark brown hiking pants and red trail shoes with black laces. They are walking on a dirt path covered with dry, brown grass and small rocks. The background is a bright, hazy landscape with rolling hills under a clear sky.

Reflection in Action

During the first traverse there were several points that I noticed up on both participants, but I chose to focus on something that participants did and work on that. This was foot-swaps.



Main Session

Main Session

Add On

The first game that we played is known as Add On. This involves opponents adding 4 climbing moves onto the original starting holds, the next player will then add a further 4 moves to the sequence.



This aloud me as the coach to gain a better understanding of their level.



It aloud me to gather a sence of how comfortable they where on the wall.



As it was as much of a memory game it kept both the participants fully engaged.



Lastly it aloud me to see what climbing terminology they already knew.

The Set Climb

the set climb was purposefully set by myself to include a sequence of challenging moves including:

- Sit Start
- Side pull
- Match hand swap
- Down step
- Foot-swap
- Flag
- Engaged heel hook



The climb was demonstrated at full speed before the participants then got up to three attempts at the climb.

After their three attempts we collectively discussed the moves and rewatched both my climb and theirs's.



Ninja Feet

This game required one of the participants to be climbing on the wall as quietly as possible. The other is to be blind folded and should be holding a tennis ball. If the climber makes a noise the blindfolded participant would softly throw the ball where they think they are.

The aims

- To think about their foot placement
- Body position
- Endurance

The Final Attempt

After the last game the pair were asked what they feel they need to work on to finish the route, in the hope that I could help them come to their own conclusions.

Both climbers had separate points to work on, particular moves and techniques. After some time to help each other out on different moves and small amounts of guidance from myself the both participants where able to get further on the problem.





Cool Down

I felt that it was important that the pair both took part in a active cool down where they could slowly decrease heart and breathing rate.

This included an easy climb relative to there ability.

Followed with stretches to improve flexibility in the future.

Positives and negatives

What went well

- The warmup was engaging and affective
- The participants showed a clear improvement throughout the session
- I believe that I spoke clearly and that I articulated well
- I believe that the session plan made use of the allocated time effectively

Areas to improve

- In future planning I will have more contingencies put in place
- For future climbing sessions I will use a variety of different demonstration techniques
- I will also use more learning techniques to ensure that all participants are understanding better

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