

Centre of balance



When I move my weight over my left foot, it makes it easy to lift my right foot

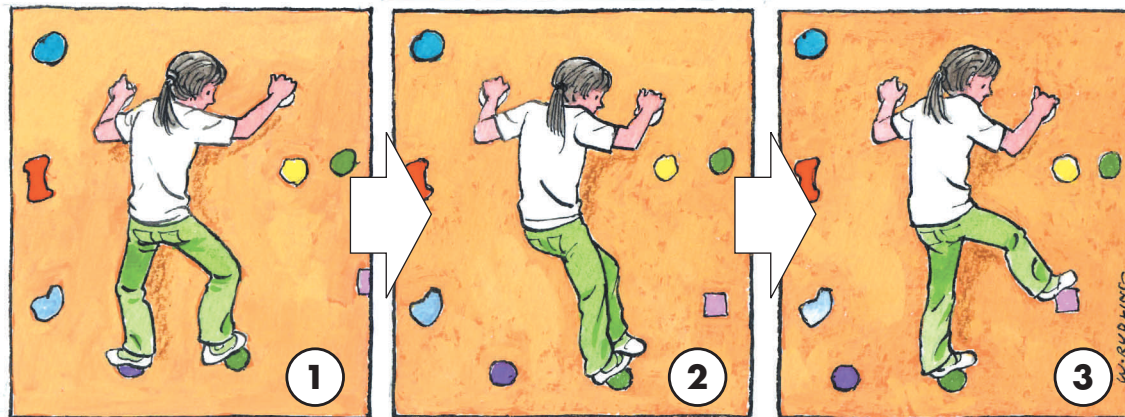
Frogging position



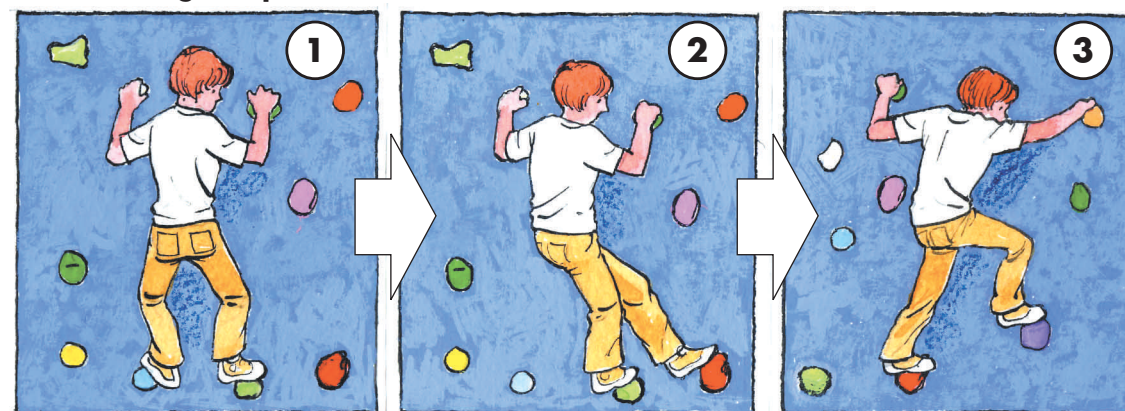
Egyptian position



Foot-swap sequence



Cross-through sequence



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Activity

Edging

- Find a place on the wall where you can stand in a frogging position.
- Now find somewhere you can stand in an Egyptian position. Get your leader to check when you are in position.

Centre of balance

- Stand on the floor with your feet shoulder-width apart.
- Shift your centre of balance (weight) so that you can lift one foot off the floor easily for a count of 5. Repeat with the other foot.
- In your spotter/climber pair take turns doing this exercise standing on footholds on the wall.

Foot-swap

- Take turns to try a foot-swap and get your leader to check when you manage it. Repeat the sequence starting with your other foot on the hold.

Cross-through

- Take turns to try a cross-through sequence and get your leader to check when you manage it. Repeat the sequence going in the other direction.

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

Review & Evaluation

- Why is good footwork important?
- What is the best part of your foot to use when standing on footholds?
- Before moving a foot, what should you do with your centre of gravity?
- What was the hardest move for you?

Skills & Knowledge

- Improving own learning and performance through reflective thinking and actions
- Try hard to succeed at activities they find physically challenging
- Perseverance
- Self reliance
- Develop, adapt and apply skills in outdoor activities
- Recognise value of training in developing and improving performance

Activity skills

- Importance of footwork
- Basic footwork technique and terminology – edging, centre of balance, foot swap and cross-through

Organisation & Resources

Context:

Footwork is the key to efficient climbing technique as it allows the climber to push themselves up a climb using their legs, saving their arm strength as much as possible. The techniques in this card will help to lay the foundation for good footwork.

Preparation

The aim of this session is to give all participants confidence that they can trust their feet on footholds. Depending on the group, you might want to demonstrate a technique before getting the group to practice it. The photos in Bouldering 2 on the CD may be useful as flashcards.

- Good wall design, or venue choice, is the key to this, and other, sessions. Aim for an easy section with footholds that are large and positive.
- Good footwear is important - rock boots are best (but expensive) as they allow smaller, less positive footholds to be used confidently. If using trainers make sure they are tightly laced. Close-fitting trainers with a firm sole are best.
- Young people slipping repeatedly off footholds or scrabbling with their feet in early sessions is a sign that the footholds are too small or not positive enough for the footwear worn. This will encourage the development of poor, inefficient climbing technique.

Differentiation & Progression

Easier: Young people can stand on 'footholds' marked out on the ground at the base of the wall instead of footholds on the wall.

Harder: Smaller footholds, longer traverse.

During later sessions, harder sections should be introduced with smaller and less positive footholds - this will develop more precise foot-work and the ability to move through a hard (crux) section on a climb using more arm power.

Safety Points

As Card B1.