

Foundation Coach Home Paper.

Please complete the following questions before the assessment and be prepared to discuss your answers on the day. Please also complete a lesson plan and a risk assessment for your session at the chosen venue.



1. What is the role of a foundation coach?
2. What does TTPP refer to in a coaching context?
3. When observing a climber what do H,H,H, and H refer to?
4. What do you understand about Long Term Athlete Development?
5. What is informed consent?
6. What are the Why, What and How of warming up?
7. How would you assist a client learning to route read?
8. What are the components of fitness?
9. How might a training programme differ for a boulderer verses a lead climber?
10. How would you reduce the risk of injury with a long term client wishing to push their grade?
11. What is the FITT principle for training?
12. Describe your understanding of a base of support and a point of suspension?
13. How would you coach a drop knee?
14. Rate these techniques in order of importance for a new lead climber, Endurance, Head Game, Footwork, Route Reading, Judgement, Strength, Lead Belaying? Be prepared to discuss your thoughts.
15. What should you include in your consent form?
16. What is the difference between centre of mass and centre of gravity?
17. Why is our centre of mass important in all climbing techniques
18. What do you understand by the term differentiate?
19. How can momentum aid efficiency
20. What coaching considerations are there regarding outdoor coaching (not including weather.)

