

FUNdamentals 3: Technique Development

Course Syllabus

1 Centre of Gravity and Base of Support development

- 1.1 Explore how Centre of Gravity and Base of Support changes as we move
- 1.2 Describe how COG and BOS changes as climbing becomes more challenging

2 Technique development

- 2.1 Explore how a technique can be developed
- 2.2 Explore and evaluate how the TTPP model (Technical, Tactical, Physical & Psychological) can be used to analyse/coach a technique
- 2.3 Describe how TTPP can be used to develop techniques relevant to the environment

3 Dynamic movement

- 3.1 Explain the concept of dynamic movement and how and why it can affect climbing
- 3.2 Explore the different types of dynamic movement
- 3.3 Introduce how to initiate and control momentum, and which parts of the body can be involved
- 3.4 Introduce coordinated movements

4 Coaching methods

- 4.1 Evaluate how to apply various observation & evaluation models to analyse/coach a movement
- 4.2 Explore how to apply the use of technology for movement analysis/ coaching
- 4.3 Understand how to identify the component parts of a technique and develop through structured practice

[Reviewed and updated 09/2025]