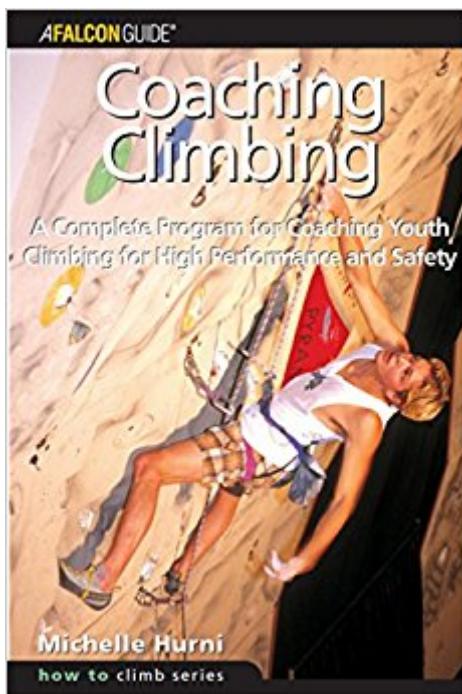


The book was found

# Coaching Climbing: A Complete Program For Coaching Youth Climbing For High Performance And Safety (How To Climb Series)



## Synopsis

This book is for climbing coaches and teachers and parents of young climbers. It presents an integrated approach to coaching, focusing on individualized evaluation and training of climbers as the key to improving performance and maintaining safety and enthusiasm. It includes exercises for working on movement, training for competitions, sensible physical conditioning, and injury prevention. This is the first comprehensive resource for coaching the fastest-growing sport in the United States today.

## Book Information

Series: How To Climb Series

Paperback: 256 pages

Publisher: FalconGuides; 1st edition (November 1, 2002)

Language: English

ISBN-10: 0762725346

ISBN-13: 978-0762725342

Product Dimensions: 9.2 x 6.1 x 0.6 inches

Shipping Weight: 14.4 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,094,279 in Books (See Top 100 in Books) #96 in Books > Sports & Outdoors > Coaching > Children's Sports #1393 in Books > Sports & Outdoors > Mountaineering > Mountain Climbing #14963 in Books > Sports & Outdoors > Outdoor Recreation

[Download to continue reading...](#)

Coaching Climbing: A Complete Program for Coaching Youth Climbing for High Performance and Safety (How To Climb Series) Coaching Youth Tennis - 4th Edition (Coaching Youth Sports Series) Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series) Coaching Youth Tennis - 3rd Edition (Coaching Youth Series) Training for Climbing: The Definitive Guide to Improving Your Performance (How To Climb Series) Coaching Youth Cricket (Coaching Youth Sports) Coaching Youth Football-3rd Edition (Coaching Youth Sports) Coaching Youth Volleyball - 4th Edition (Coaching Youth Sports) Coaching Youth Gymnastics (Coaching Youth Sports) Coaching Youth Hockey - 2nd Edition (Coaching Youth Sports) Learning to Climb Indoors (How To Climb Series) How to Climb 5.12 (How To Climb Series) Building Your Own Climbing Wall: Illustrated Instructions And Plans For Indoor And Outdoor Walls (How To Climb Series) Rock Climbing: The AMGA Single Pitch Manual (How To Climb Series) Climb! The History of Rock Climbing in Colorado IEC 61511-3

Ed. 1.0 b:2004, Functional safety - Safety instrumented systems for the process industry sector -

Part 3: Guidance for the determination of the required safety integrity levels Life Coaching:

Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement,

positive thinking, coaching, better leadership, goals, consulting) Survival Guide for Coaching Youth

Basketball: Only the Essential Drills, Practice Plans, Plays, and Coaching Tips! High Blood Pressure

Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures,

Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Rock Climbing

Virginia, West Virginia, and Maryland (State Rock Climbing Series)

[Dmca](#)