

## Rock Monkey Level 4

### **Week 5 - Coordination**

If you haven't already watched it then check out this weeks accompanying video

This week we are going to focus on coordination, now I don't mean matching your climbing shoes to your harness! We define coordination as 'the organization of the different elements of a complex body or activity so as to enable them to work together effectively' so in climbing terms it's using our whole body to climb efficiently. Some examples of good coordination while climbing could be:

- Dynos - Making sure all your muscles are firing at the same time to build momentum and make your jump as explosive as possible.
- Using footholds first time - Imagine if each time you went to place your foot on a hold it was perfectly placed - this is a form of coordination.
- Deapointing - When you move dynamically but your not quite jumping, you need to coordinate your movement to move you whole into the correct position to catch the hold effectively.

Basic coordination skills are generally carried over between different sports so we can practice coordination without climbing, throwing and catching is great for hand eye coordination and skipping type movements are good for footwork. When we start to look at the more 'parkour' style of climbing which is popular in competition climbing then we will need to train these skills in a more climbing specific way.

For this week's homework you will need:

- A ball (or something you can throw and catch)
- A skipping rope (or something you can use to skip)

- Juggling balls (or something you can use in place, try scrunching up socks)
- Space!

Please ask your **parents permission** and be careful when doing these activities.

### **Challenge 1 - Juggling**

Ok so you have mastered juggling with 2 balls (if not check out the level 3 challenge), the challenge here to learn to juggle with 3 balls! If you manage it then why not see what silly items you can juggle with. Check out the video [here](#) to learn.

### **Challenge 2 - Skipping**

Hopefully can skip (if not keep practicing, and try the level 3 challenge). The challenge for level 4's is to add some other variations to your skipping.

1. One leg - Try going to one leg for a few jumps, then switch to the other.
2. Backwards - Start with the rope in front of you and swing it backwards over your head, start with single jumps then build up with skipping backwards
3. Double jump - Do a really big jump and try and pass the rope under your feet twice!

### **Challenge 3 - Animal walks**

The animal walks game is a great way to practice our coordination as we can move in bodies in ways we are not used to, forcing us to concentrate on our whole body coordination. Invent your own or try the ones here (I'll add harder versions for each level so try them all if you want a challenge)



- Lizard - Start in a press up position, bring your left knee to your left elbow and at the same time reach your right hand forward. Repeat the movement with the opposite hand/feet. Stay as close to the ground as possible.
- Flamingo - Stand on one leg, you must now hop to walk as a flamingo. For an extra hard challenge for each hop you do you must do a pistol squat!

### **Week 4 - Exercise Challenge**

This week's exercise challenge is to make up a circuit of exercises. Aim for around 3 to 5 reps of any strength based exercise (push ups/pull ups) and 5 to 8 reps of any exercise which is core based (crunches, planks, etc) and 10-15 reps of anything which is more cardio based (star jumps, tuck jumps, etc). See if you can come up with 5 - 10 exercises you can do in sequence (with a small rest if you need), break up the harder exercises with easier ones and remember to keep your form!

If you need some inspiration - check out a circuit we made up to work our whole body - [here](#)

Good Luck!