



	Drill	Technical Focus	Mental Focus	Physical Focus	Description
1	Practice Perfect	Foundational Movement	Perfect Movement	Warm Up	The main focus of this drill is to spot and correct the slightest error. Focus on precision with hands and feet, correcting (by reversing and re-doing the move) any errors in form or movement.
2	Perfect Repeaters	Foundational Movement	Perfect Movement	NA	This drill is done on the same boulder problem. 4-6 repetitions equal 1 set. Climb a boulder of any difficulty focusing on climbing it as perfectly as possible. Each attempt, you should identify an area you can refine and improve (foot placement, beta, breathing, etc.) Here are things to focus on: 1. breathing 2. most efficient beta 3. precise hand and foot placements 4. rooting into your feet 5. increased pacing without losing precision
3	Sloth/ Monkey	Slow vs. Fast Movement	Opposing Climbing Styles	Strength vs. Power	This drill is focused on broadening the scope of your climbing style. Pick one boulder problem. Climb it once like a <b>sloth</b> : as slow, controlled, and smooth as possible. AVOID holding lock-off's and reaching. Focus on understanding and feeling every movement (feet, hip turns, shoulders, hands, etc.) Slowing your practice down will help you understand the subtleties of your movement. Focus on techniques that keep you balanced. Next, climb it again like a <b>monkey</b> : explosive, quick, and momentous. Focus on using the same good technique that keeps you balanced when sloth climbing but now using momentum to help you generate motion.
4	Circle/ Square	Hip Movement	Opposing Climbing Styles	NA	This drill is focused on broadening the scope of your climbing style. Pick one boulder problem. Climb it once like a <b>circle</b> : turn your hips and open your shoulders in order to move your body through the climb. Next, climb it again like a <b>square</b> : keep your hips and shoulders as square to the wall as possible.



5	Jay Z/ Shakira	Hip Movement	Muscular Recruitment	Power (lats/ hips)	This drill is focused on increasing your ability to generate movement from your lats and hips. Pick one boulder problem. Climb it once generating all of your movement and power from your <b>lats (JayZ)</b> . Next, climb it again generating all your power from <b>your hips and core (Shakira)</b> . On the Shakira repetition, you should LIMIT your lock off/ arm bend to 120 degrees. If you lock off deeply (90 degree or full lock off), do the set again limiting your lock off and generating power from your <b>hips only</b> .
6	One Size Fits All	High Steps vs. Foot Tension	Opposing Climbing Styles	NA	This drill is focused on broadening the scope of your climbing style. Pick one boulder problem and use any feet while following the appropriate hands for that boulder. Climb it once with as high of feet as possible. Next, climb it again keeping your feet as low as possible. This helps you understand how your body can fit on the wall (scrunched up or spread out).
7	Low Feet Only (Steep Climbing)	Foot Rooting	N/A	Core Tension	This drill is best on steep climbing. Pick one boulder problem and use any feet while following the appropriate hands for that boulder. Climb it (with open feet) trying to keep your feet as low as possible. The goal is to learn body tension and prevent your feet from cutting. To increase the difficulty of the drill, choose worse or lower feet.
8	Rooting	Rooting Through Entire Movement	N/A	Max Pulling/ Pushing	This drill is best on steeper climbs. Pick one boulder problem. Completing this boulder 4 times is one set. Focus on "rooting" your hands and feet into the holds. Try to put as much force as possible into your feet and hands (especially your back hand) through the entire movement. <b>Rep 1-</b> Focus on rooting into your <b>hands</b> (especially your back hand); <b>Rep 2-</b> Focus on rooting into your <b>feet</b> ; <b>Rep 3-</b> Focus on rooting into <b>both</b> hands and feet; <b>Rep 4-</b> Focus on rooting into your hands and feet while moving <b>dynamically</b> .



9	Functional Feet	Coconut Feet (pulling), Heel hooks, Toe Hooks	N/A	NA	The main focus of this drill is to improve on a particular technique (drop knees, heel hooks, toe hooks, pulling with your feet, etc.). Pick one boulder problem and use any feet while following the appropriate hands for that boulder. Climb it (with open feet) focusing on the focus technique (ex: heel hooks) and using that technique for EVERY move (heel hook for every hand movement).
10	Breathing	NA	Practicing 4 Gears of Breath	NA	Practice your four gears of breath: <b>Gear 1-</b> Yoga breath (deep, audible, relaxed breath on easy terrain); <b>Gear 2-</b> Power Endurance breath (deep, audible, quick breath that pushes carbon dioxide from the system); <b>Gear 3-</b> Crux breath (deep, audible, quick grunting or screaming when undergoing very difficult moves); <b>Gear 4-</b> Tension breath (holding your breath and tightening your diaphragm for moves that require lots of tension)

A big shout out to Power Company Climbing ([www.powercompanyclimbing.com](http://www.powercompanyclimbing.com)). Many of these drills were adapted from them.