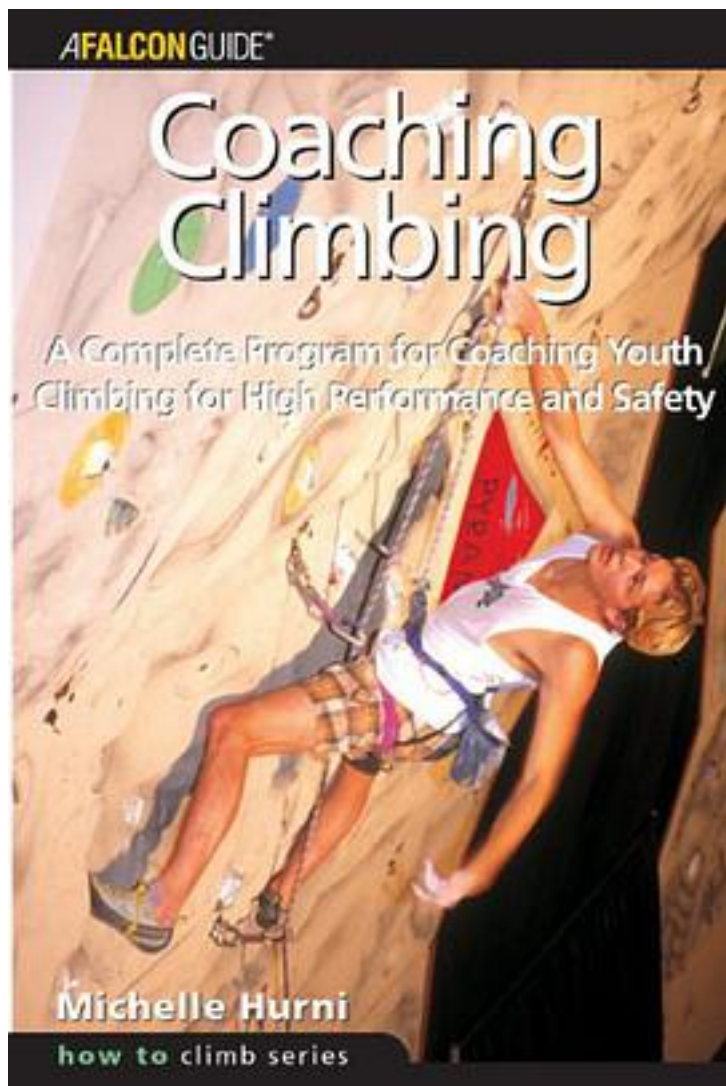


Coaching Climbing



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出版者:Globe Pequot Pr

出版时间:2002-11

装帧:Pap

isbn:9780762725342

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.

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