



Assistant Coach - E-learning and Practical

The Course

Learners will cover an introduction to the processes and principles of coaching Weight Lifting to adults and children. The Award offers an opportunity for those with little or no experience of coaching to be introduced to the principles of planning, delivering and evaluating coaching activities in Weight Lifting. They will be helped to understand how to effectively assist more qualified coaches, delivering aspects of coaching sessions, as well as how to design and plan training sessions.

Modules include:-

- Roles and responsibilities of a coach including safeguarding
- Safety in the sport
- The Snatch: the key positions for the British Weight Lifting technical model; the British Weight Lifting teaching method
- The clean and jerk: the key positions for the British Weight Lifting technical model; the British Weight Lifting teaching method
- Creating a planned session

The course consists of two parts: the first being the online content that needs to be successfully completed and passed by all learners and the second to complete 2 days of practical delivery and assessments. Following the successful attendance and passing of these elements, you will then become a British Weight Lifting qualified Level 1 Coach.

Course Prerequisites

- **Entry level course**
- **Be at least 16 years of age on the first day of the course**
- **Have some general experience of the lifts and weight lifting**
- **Be able to communicate effectively in English**

What Will I Be Qualified To Do?

Successful passing of this course will allow you to; plan sessions for small groups of athletes, deliver and work with small groups of athletes under supervision from a more qualified coach, enhance your skills and knowledge as a weight lifting coach and finally begin your journey on the weightlifting coaching pathway.