

British Weight Lifting - Coaching Pathway

The coaching pathway provides the only qualifications that are recognised for our exclusive coach license scheme and cover the official British Weightlifting Technical models. We have created coach training programmes that produce world-class weightlifting coaches who help to develop medal winning athletes.

LEVEL	LEVEL 1 AWARD IN COACHING WEIGHT LIFTING	LEVEL 2 CERTIFICATE IN COACHING WEIGHT LIFTING	LEVEL 3 MODULES	LEVEL 3 COACHING (TBC)	LEVEL 4 COACHING (TBC)
Role	Assistant Coach	Independent Coach	Further Knowledge in Specific Areas	Development Coach	International Coach
Who is the course aimed at?	<ul style="list-style-type: none"> Those who want to learn more about the lifts, as an entry level course Aspiring coaches 	<ul style="list-style-type: none"> Assistant Coaches who want to progress and further their education in coaching and become an independent coach 	<ul style="list-style-type: none"> Coaches who want to progress and develop their knowledge in all aspects of coaching 	<ul style="list-style-type: none"> Level 2 Coaches who aspire to become a Level 3 Coach and potentially progress to be involved in the Regional Talent Pathway or above 	<ul style="list-style-type: none"> BWL invited coaches who have coached at selected International Events
What does it cover?	<ul style="list-style-type: none"> Official BWL Technical Model (Key positions) for Snatch and Clean & Jerk Principles of coaching for all ages Planning a session How to assist coaches in a club/gym setting 	<ul style="list-style-type: none"> Next level official BWL Technical Model for Snatch and Clean & Jerk Delivering and evaluating sessions Coaching sessions independently Identifying, analysing and correcting faults Anatomy and physiology for Weightlifting 	<ul style="list-style-type: none"> Technical underpinning of weightlifting Preparation for a Weightlifting Competition Coaching theory and practice Long term planning and organisation In depth BWL Technical Model for Olympic Lifts Developing a lifter through to National and International competitions 	<ul style="list-style-type: none"> Assessment on all modules of coaching 	N/A
Coaching outcomes	<ul style="list-style-type: none"> To understand the key positions in the lifts, to use this knowledge in practice to support coaching sessions 	<ul style="list-style-type: none"> Create a linked and progressive plan for 6-8 weeks Independently deliver and evaluate sessions Supervise other coaches to deliver sessions 	<ul style="list-style-type: none"> To understand the different concepts of coaching and how to use these to develop an athlete who wants to compete/develop 	<ul style="list-style-type: none"> To be able to use the different concepts of coaching to help lifters perform at their best at competitions 	
What does it qualify me to do?	<ul style="list-style-type: none"> Assist a more qualified coach to deliver sessions 	<ul style="list-style-type: none"> Deliver sessions independently Access to apply to the coach license system to coach at official competitions 	<ul style="list-style-type: none"> Plan a year long/on-going programme Use the knowledge gained within their coaching to develop their lifters towards individual long term goals 	<ul style="list-style-type: none"> Develop lifters from entry to the sport through to understanding enough to progress through to National/ International competition 	<ul style="list-style-type: none"> International Coaches will be awarded this level
Recommended Continued Professional Development	<ul style="list-style-type: none"> Safeguarding Lift Clean Awareness First Aid 	<ul style="list-style-type: none"> Safeguarding Lift Clean Awareness First Aid 	<ul style="list-style-type: none"> Safeguarding Lift Clean Awareness Equality and Diversity Additional recommended reading lists Specialised Workshops First Aid 	<ul style="list-style-type: none"> Safeguarding Lift Clean Awareness Equality and Diversity Additional recommended reading lists Specialised Workshops First Aid 	
Pre Requisites	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Have completed a UKCC Level 1 Award in Coaching Weightlifting or BWL Level 2 Award in Instructing Weightlifting (or equivalent as recognised by BWL) Be at least 17 years of age on the first day of the course Have some experience of the lifts and weight lifting Be able to communicate effectively in English 		<ul style="list-style-type: none"> TBC 	<ul style="list-style-type: none"> TBC