



# CPD: Essentials of Youth Weightlifting

The Essentials of Youth Weightlifting is for coaches, teachers and strength and conditioning professionals who engage with young people who participate in weightlifting.

The course has been developed in partnership with **Rhodri Lloyd** and **Stephanie Morris** from Cardiff Metropolitan University, who provide a wealth of expertise in paediatric strength and conditioning science and have a vast amount of experience working with young athletes in many different sports.

Information from British Weight Lifting's Complete British Weightlifter guide has also been infused into the course (the Complete British Weightlifter is an aspirational, principle-based guide for coaches and athletes in the UK, aligned with British Weight Lifting's 'what it takes to win' (WITTW) model).

## What will I learn?

The Essentials of Youth Weightlifting course covers a range of topics to provide a comprehensive breakdown of information that is vital for practitioners who coach young people.

This includes an introduction to key concepts relating to growth and maturation, which is vital for any practitioner who is working with youth athletes (note that the course details the challenges of solely using chronological age and how coaches can use other measures to be more effective). It covers the practical ways that growth and maturation can be measured alongside guidance on how this information can be used to enhance coaching practice.

Practitioners will be given insight into the principles that underpin effective long-term athletic development and guidance on how weightlifting performance can be enhanced by utilising the Youth Physical Development Model.

Practitioners will review the methods of monitoring youth performance, with the aim to provide coaches with a better understanding of the potential benefits and considerations that come with using different metrics. The course then delves into injury risk, highlighting principles to help prevent issues such as overtraining and injury.

continued overleaf...

## What does this course qualify me to do?

This CPD is enhanced learning to build on topics covered in the Level 2 and Level 3 Coaching Olympic Weightlifting courses.

This online course has no practical assessment. There is an optional online assessment to be completed to receive a BWL certificate.

## Prerequisites

You must have at least 1 years' experience in practicing or coaching strength-based activity or weightlifting.

## Online learning only

**Length of Course:** 10 - 12 hours  
Plus, resources and material you can go back to time and time again.

## Price of course

**Standard Price:** £150 + VAT  
**Member Price:** £143 + VAT



One of the key skills that youth weightlifting coaches must acquire, is the ability to effectively programme suitable exercises based on an athlete's stage of development and level of competence. During the course practitioners are introduced to an evidence-based framework for introducing athletes to weightlifting, providing exercise progressions and regressions that underpin performance in the snatch and clean and jerk.

Practitioners will cover programming considerations, which highlights the importance of an athlete-centred philosophy, alongside an understanding of how the manipulation of key training variables can affect weightlifting performance.

In the final topic of the course, insight on psychosocial considerations, effective communication strategies and the rules and regulations of development competitions is provided in an effort to help coaches develop the knowledge required to maximise a young athlete's experience of the sport.

For a further information on the topic learning outcomes, [please click here](#).

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