

Essentials of Youth Weightlifting CPD: Topic learning outcomes

1. Growth and Maturation

By the end of this topic coaches will:

- Be able to define what is meant by growth and maturation.
- Understand how natural development may influence the development of specific motor abilities (physical qualities).
- Understand how growth and maturation can be measured.
- Understand typical growth rates and the differences between males and females.
- Be able to define peak height and peak weight velocity and the impact these have on youth athletes.
- Understand bio-banding and its potential application to youth weightlifting.

2. Long-Term Athletic Development

By the end of this topic coaches will:

- Be able to define what is meant by long-term athletic development.
- Understand the principles that underpin successful long-term athletic development.
- Have been introduced to the Youth Physical Development (YPD) model.
- Be able to define the key physical qualities that underpin weightlifting performance.
- Understand how coaches can emphasise the training of key physical qualities in line with the athlete's stage of development.

3. Monitoring Youth Performance

By the end of this topic coaches will:

- Identify the difference between monitoring and testing.
- Understand the difference between subjective and objective monitoring tools.
- Be able to identify the different monitoring tools that can be used in a weightlifting setting.
- Understand the principles that govern effective monitoring.

4. Understanding and Reducing Injury Risk

By the end of this topic coaches will:

- Be able to identify common injury sites in weightlifting.
- Understand the potential risks associated with accelerated periods of growth.
- Be able to make the distinction between different types of risk factors.
- Understand the key principles to help prevent injuries in youth athletes.
- Be able to identify the signs and symptoms of overtraining.
- Understand how coaches can modify workloads to reduce injury risk.

5. Youth Training Exercises

By the end of this topic coaches will:

- Understand the principles that underpin exercise selection for long-term development in weightlifting.
- Understand the importance of developing proficiency in the athletic motor skill competencies (AMSC).
- Understand how the AMSC link to performance of the weightlifting lifts and their derivatives.
- Have reviewed an evidence-based framework for teaching the competition lifts.

- Understand the benefits of weightlifting derivatives, general strength exercises and accessory exercises and how they can enhance a weightlifter's performance.

6. Programme Design and Considerations

By the end of this topic coaches will:

- Review the principles that underpin an athlete-centred youth training philosophy.
- Be able to define the key principles of training.
- Be able to define key acute training variables that make up a weightlifting programme.
- Understand how programming may change depending on the athlete's stage of development.
- Have reviewed examples of session plans designed for athletes at different stages of development.

7. Applied Coaching

By the end of this topic coaches will:

- Be introduced to a movement competency framework to help guide decisions around exercise progressions/regressions.
- Be able to define the difference between effective and optimal technique.
- Understand different communication strategies that can be used with youth athletes.
- Understand how coaches can integrate a constraints-based approach to help encourage improvements in performance.
- Have considered the psychosocial challenges a youth athlete may face.
- Understand the rules and regulations that govern British Weight Lifting development competitions.