

## Level 3 Diploma in Coaching Olympic Weightlifting

### Coaching Theory and Practice for Weightlifting

- Understand the underpinning theory behind motor learning.
- Understand how to apply motor learning theory to teach, correct and enhance weightlifting technique.
- Understand how and when to utilise certain types of feedback in accordance with training objectives.
- Be able to think critically about the types of interventions you make with athletes.
- Have a clear understanding of British Weight Lifting's 'What it Takes to Win' model.
- Understand the key principles drawn out of the Complete British Weightlifter guide.

### Technical underpinning for Weightlifting

- Understand key biomechanical concepts which underpin the key positions of the BWL Technical Model series.
- Be familiar with key terms in the British Weight Lifting education syllabus (helping to establish a common language and facilitate more effective discussions with athletes and other coaches).
- Understand how to create a technical series to analyse the Snatch, Clean and Jerk.
- Define what effective weightlifting technique is (while acknowledging what is objective and subjective).
- Understand the relevance of key derivative exercises and how they relate to specific phases of the lifts.
- Be able to critically evaluate technique using the BWL Decision Making Process to make objective and logical corrections for technical errors.
- Be able to think critically about how to structure training to help athletes make effective technical changes.

### Long term planning and organisation for Weightlifting

- Become familiar with British Weight Lifting's philosophy and guidance on long-term athlete development, factoring in different stages of an athlete's development.
- Understand the key physiological principles which underpin the training process.
- Understand the key principles which underpin strength training performance.
- Be introduced to the different types of periodisation with a specific focus on traditional periodisation.
- Understand how to develop a periodised programme through the optimal sequencing of training phases.
- See how the manipulation of training variables can elicit specific adaptations.
- Understand how to adapt training programmes according to age, gender and maturation status.
- Understand how to use monitoring and assessment methods to evaluate the training process.
- Understand the basic principles of nutrition to support the training process.

### Preparation for a weightlifting competition

- Understand the structure of weightlifting competitions in the UK.
- Understand how to create strategic competition plans.
- Be able to identify the key principles behind world class performance.
- Have the knowledge to prepare an athlete physically for competition.
- Be able to develop training sessions that can effectively replicate competition pressures.
- Understand the principles of safe and effective nutrition to create strategies for making weight which enhance performance.
- Understand the demands on an athlete on the day of competition.
- Be able to plan and adapt competition warm ups based on the needs of the athlete and constraints of the competition.
- Understand how arousal and pressure can positively or negatively impact an athlete.
- Understand the principles behind an effective After Action Review.