



NEW Online Qualification - Assistant Coach

Roles & Responsibilities of a Coach

- Review the specific qualities and behaviours of an effective coach

Safety in the Sport

- Understand the importance of preparing equipment and participants for a weightlifting session
- Understand the importance of a weightlifting specific warm up and cool down and how this can help to mitigate the risk of injury
- Understand what areas of the body need to be mobile in order to complete the Olympic lifts (you will also learn the specific joint actions that need to be achieved)
- Highlight the specific joints which need to be factored into a warm up for weightlifting specific activity

The Coaching System

- Highlight critical coaching skills that can optimise coaching performance

BWL Technical Model

- Learn why we use the BWL Technical Model
- Understand how to use key concepts within the model – including the Technical Components and Technique Triangle

The Lifts

- Identify the key positions for the Snatch, Clean and Jerk
- Learn the stable technical components for each key position
- Learn the good practice components for each key position
- Learn how to capture a technical series for each lift

Assistance Lifts

- Learn how to utilise the Back Squat, Press and Dead Pull for weightlifting

BWL Teaching Method

- Understand why we perform each one of the BWL Teaching Exercises
- Learn how to use the teaching exercises in sequence

- Identify the key coaching points for each exercise
- Full descriptions of every BWL Teaching Exercise for the Snatch, Clean and Jerk

Physical Qualities for Weightlifting

- Identify the main physical qualities that athletes need to develop in Weightlifting
- Understand how we can develop each physical quality

Basic Rules of the Sport

- Overview of a weightlifting competition
- Increase understanding of what happens at a weightlifting competition
- Increase awareness of the BWL National Age Group competitions programme

Planning a Weightlifting Session

- Understand the principles behind the Plan, Do, Review cycle and how it can be applied to weightlifting
- Increase understanding of how to structure a weightlifting session (including order of exercises)
- Identify components of an effective warm up
- Identify components of an effective cool down