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