



Online Level 2 Certificate in Coaching Weightlifting

Roles and Responsibilities

There is an expectation that coaches behave appropriately with the athletes they engage with. This will mean they need to develop a skillset that allows them to support a diverse group of individuals. This part of the course will take coaches through the key roles and responsibilities they will take on - and demonstrate how coaches can create a foundation that allows them to build rapport with the athletes they coach.

Psychology and Effective Communication

Experienced coaches will tell you that the role of a coach goes well beyond supporting athletes with the technical and physical demands of a sport.

Every athlete will need to develop a certain amount of 'psychological skill' to help them to realise their physical potential (remember that a great training programme is useless if an athlete lacks the commitment to stick at it!). In this course we'll cover some of the most important psychological traits that an athlete will need and provide some examples of how they can be applied in a weightlifting environment.

Coaches will also learn more about key concepts, including motivation and self-reflection.

Anatomy and Physiology

During this course you will be introduced to the anatomical demands of weightlifting. This will provide coaches with the underpinning knowledge that allows them to develop effective training programmes that improve key physical attributes.

BWL Technical Model

During the course you will receive access to the latest BWL Technical Model. The Technical Model has been designed to provide coaches with a template that helps them to optimise an athlete's technique based on their individual differences, rather than attempting to adopt a one-size-fits-all-philosophy.

Coaches will learn about the fundamental areas of weightlifting technique. They will also be able to identify the areas of technique that will differ based on an athlete's strength profile and body proportions.

This will give coaches the tools they need to guide an athlete through the beginner and novice stages of their weightlifting career and help them to develop the technical skill to make the most of their physical potential.

Using the Technical Model effectively will allow coaches and athletes to be more objective in their decision making. This can result in more meaningful interventions that help an athlete to maximise their capabilities.

The Lifts: Assistance Exercises

During the course coaches will learn about 10 key assistance exercises that can be used to increase performance on the Snatch and Clean & Jerk.

1. Snatch Balance
2. Power Snatch
3. Hang Snatch
4. Snatch Pull
5. Front Squat
6. Power Clean
7. Hang Clean
8. Clean Pull
9. Push Press
10. Power Jerk

Each exercise is profiled in detail, giving coaches the rationale behind their use. Coaches will also be introduced to the concept of 'established ratios'. Using established ratios can help coaches to determine where athletes may have strengths and weaknesses and identify what exercises they should programme to ensure the balanced development of an athlete.

Using the Technical Model to Identify Errors and Make Interventions

Learners will cover some of the most common errors in the Snatch, Clean and Jerk. This course will take coaches through the BWL Decision Making Process which provides a step-by-step process to help coaches identify errors and structure interventions to help each athlete get the most out of their training.

The BWL Decision Making Process provides a framework for coaches to come to their own conclusions. It can also help to stimulate discussion with athletes and other coaches. This can benefit athletes but also serve as a way to help coaches learn and develop by working collaboratively with other coaches.

Principles of Training

Coaches will be introduced to the key principles that underpin effective programmes. This provides insight into the adaptation process and how coaches can manipulate training variables in order to improve key physical qualities needed for the sport of weightlifting.

This information will help coaches to structure linked and progressive sessions that support long-term athlete development.

Programming

During this course, coaches will be introduced to key training principles.. Using this information coaches will be able to programme effectively for the athlete, based on their current stage of development.

Coaches will also access BWL's programming guidelines, which have been drawn from a combination of extensive research and coaching experience. This will equip coaches with the knowledge they need to programme training blocks that help athletes maximise their performance on the Snatch and Clean & Jerk.

Coaches will learn more about the different methods of measuring training intensity, providing a balance of subjective and objective measures to help coaches regulate training loads depending on an athlete's current physical capabilities.

Coaches will also learn how to plan effective training sessions, which include the BWL approach to warm ups and cool downs.

The growth of weightlifting and functional fitness in the UK has seen a much higher demand for group training. This means coaches need to have the skills to structure group sessions whilst making sure that each individual can benefit from them.

Coaches will be introduced to ideas around how to coach intuitively in a training session. This includes how to adapt group training sessions to get the most out of individuals as well as creating a positive training environment.

Introduction to Competition Coaching

By the end of the course, coaches will have a good understanding of how weightlifting competitions run. The course highlights every part of the athlete journey, from registering for a competition, to warming up and lifting on a platform.