

CPD: Essentials of Weightlifting for Sports Performance

Topic learning outcomes

1. Introducing Weightlifting for Sports Performance

By the end of this topic coaches will:

- Understand the benefits of performing the weightlifting competition lifts and their derivatives
- Understand the benefits and limitations of weightlifting exercises in comparison to other training modes
- Understand the specific adaptations that can be derived from weightlifting exercises
- Be able to evaluate the potential limitations of weightlifting derivatives and how training can be adapted to accommodate these.

2. Technical Underpinning of Weightlifting

By the end of this topic coaches will:

- Be introduced to the BWL Technical Model for the snatch, clean and jerk
- Be able to identify the key positions for the snatch, clean and split jerk
- Be able to identify the phases for the snatch, clean and split jerk
- Understand the concept of stable, good practice and variable technical components to more effectively analyse weightlifting technique
- Understand how different weightlifting derivatives can drive specific adaptations that enhance sports performance
- Understand the key coaching points that underpin the performance of weightlifting derivatives.

3. Coaching the Weightlifting Derivatives

By the end of this topic coaches will:

- Understand how coaches can implement strategies to improve the performance of weightlifting exercises in a strength and conditioning setting
- Understand different methods that can be used to effectively teach weightlifting derivatives
- Understand how instruction can influence the performance of weightlifting derivatives
- Understand how constraints-based coaching can influence the performance of weightlifting derivatives
- Understand how feedback can influence the performance of weightlifting derivatives
- Be introduced to the BWL Coaching Filter

4. Programming Weightlifting Derivatives

By the end of this topic coaches will:

- Understand how to modify training variables to drive specific adaptations that influence the athlete's force-velocity profile
- Be introduced to evidence-based training prescription guidelines
- Be able to rationalise the use of weightlifting derivatives to enhance sports performance
- Understand how to use weightlifting derivatives to introduce variety while maintaining specificity
- Access specific examples of how the lifts can be integrated into training programmes for other sports

