



# Weight Lifting for Sports Performance Workshop

## LEARNING OUTCOMES

Coaches will be able to:

- Identify the importance of neurological adaptation as a result of strength training
- Design a dynamic warm-up and explain the principles of this type of warm-up in relation to explosive exercise including weight lifting
- List key safety factors when working in a weight lifting environment
- Demonstrate the following weight lifting movements with good technique and list the key technical and safety points for each of them:
  - Back Squat
  - Front Squat
  - Overhead Squat
  - Stiff Leg Dead Lift
  - Squat clean and its derivatives
  - Snatch and its derivatives
  - Overhead presses and jerks
- Describe and explain the use of Combination lifts and Complex Training
- Describe a simple weight lifting programme including the need for variation in loading, which would complement an overall strength and conditioning programme
- Evaluate their competence to supervise athletes training in a weight lifting environment. Additional areas for discussion during the workshop:
  - Simple biomechanical analysis of movements in sport and comparison to the movements involved in the learned weight lifting techniques
  - The priority energy systems used in a variety of sports
  - The importance of mid-section strength to sound sport specific performance and how to develop it using a range of methods including dumbbells, medicine ball and body weight exercises.

## WHO?

This practical workshop is designed for those looking to become UKSCA Accredited Coaches looking to introduce Olympic lifts into their strength & conditioning programmes.

## WHAT?

A 2-day workshop covering key technical and coaching points as well as providing the knowledge to incorporate these lifts into training programmes to improve sports performance.

## WHERE?

All UKSCA Workshops take place regularly at venues across the country. Please check [uksca.org.uk](http://uksca.org.uk) for current venues and availability.