

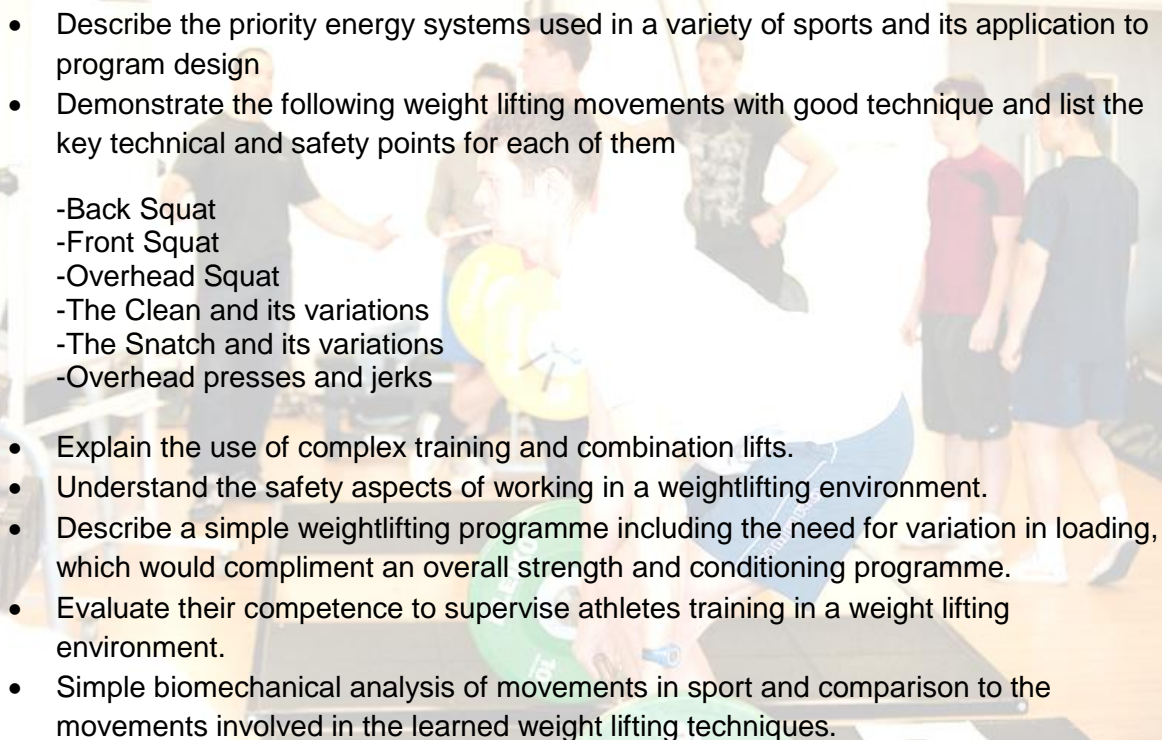
Introduction to Weightlifting for Strength and Conditioning Workshop

This 6-hour workshop is designed as preparation for coaches, sport scientists, athletes, PE teachers, personal trainers looking to introduce Olympic lifting into their strength and conditioning programmes. It builds on existing knowledge and covers the key coaching points and knowledge necessary to incorporate into training programmes to enhance performance.

Maximum Number of Delegates: 21

Overall Objectives:

By the end of this workshop delegates will be able to:

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- Describe the priority energy systems used in a variety of sports and its application to program design
 - 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
 - The Clean and its variations
 - The Snatch and its variations
 - Overhead presses and jerks
 - Explain the use of complex training and combination lifts.
 - Understand the safety aspects of working in a weightlifting environment.
 - Describe a simple weightlifting programme including the need for variation in loading, which would compliment an overall strength and conditioning programme.
 - Evaluate their competence to supervise athletes training in a weight lifting environment.
 - Simple biomechanical analysis of movements in sport and comparison to the movements involved in the learned weight lifting techniques.

Cost: £120

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