

Weightlifting Ireland



Level 1. Assistant Coach to Club Coach Pathway

Introduction:

Olympic weightlifting movements and weight assisted exercises are an integral part of strength and conditioning programs in many sports. Due to the nature and complexity of these exercises both the theoretical and practical coaching competencies are essential elements within the delivery process in order to gain maximum results.

Aim:

These courses are a result of Weightlifting Ireland implementing a standard coaching curriculum for all coaches. This is the first level available in the coaching curriculum. It is suitable for all fitness and sports coaches. The aim of level 1 is to provide Coaches with the ability to introduce participants to the sport of Weightlifting, the technique of the Clean and Jerk, the Snatch and associated exercises.

Duration:

Level 1 "Assistant Coach"

70 hours, comprising of a minimum 24 hours course contact time, 30 hours internet lectures and course manual .16 Hours Logbook procedures and practical coaching. Course contact time will be over a minimum of 3 Days. There will be a minimum of a 4 week break between day 2 and 3 to allow for logbook tasks and the ISC Real Winner On-line Quiz.

Level 1 "Club Coach"

30 hours, comprising of 12 hour coaching practice and 6 hour home study. 8 hour workshop including a practical test coaching exercises from the IWF Club Coach Manual. Proof of successfully completing the 4 hour external ISC Code of Ethics course, National Vetting Form, Current 1st Aid Certificate recognised in Ireland.

Entry requirements:

"Assistant Coach". Participants should be 18 years or over, and have a knowledge of weight training and a basic knowledge of anatomy and physiology

"Club Coach". Following successful completion of the "Assistant Coach" course and a minimum of 6 months coaching practice

Methodology:

A strong emphasis will be maintained on the skill development with the enjoyment aspects of weights exercises. Involvement of coaches in practical coaching activities,(Devising, demonstrating, observing, analysing, providing feedback) will be encouraged. Discussion, activity and the provision of core principles and frameworks will be utilised in order to promote the independence and adaptability of the coach from the outset.

Practical Coaching:

Course contact time will be 40% Lecture based. 60% Practical based

Assessment:

1. Photograph fault test.
2. Practical Coaching test.
3. Logbook - Reflective Learning Journal.
4. ISC Real winner On-line Quiz

Evaluation:

Course participants and tutors will be asked to provide a written evaluation of the course.

Course Fees and Certification:

Level 1 Assistant Coach - €250.00 Weightlifting Ireland and Coaching Ireland Accreditation,

Level 1 Club Coach - €50.00 Licensed Weightlifting Ireland Club Coach



Weightlifting Ireland Coach Development Pathway

Level 1 Coaching Outcomes:

- Introduce the basic movements of the Core lifts and assisted exercises to beginners
- Apply and correct basic weightlifting skills to ensure that each athlete has the opportunity for optimal learning and performance in a simple coaching environment
- Identify basic common faults in technique
- Develop and produce an 8 week training programme for a beginner or novice lifter.
- Demonstrate coaching competencies relevant to a Level 1 Coach

Level 1 Coaching Competencies:

Valuing	Problem Solving	Interaction	Critical Thinking	Leadership
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Valuing
Articulates his/her own values regarding a specific coaching situation. Chooses a previously-taught, well-defined course of action in a simple coaching situation. Provides a basic rationale for his/her choice of a course of action.
Problem Solving
Solves a limited number of simple coaching problems posed in an environment where all the variables are under control.
Interaction
Undertakes some reflection about his/her own ways of interacting and intervening with others. Applies fundamental learning principles appropriate to the given coaching situation. Communicates clearly a simple message
Critical Thinking
Recognizes the need to gather information and think about own experiences in order to assess their importance as a basis for taking future decisions and action.
Leadership
Brings about a positive outcome to a simple coaching situation. Has a positive influence on the behaviour of individuals, groups or teams. Works collaboratively with others. Recognizes the efforts of others.

<p>Level 1 Assistant Coach</p> <p>Weightlifting for Fitness and Sport</p> <p>Role: Plan, implement sessions for introducing the lifts</p>	<p>Provide basic coaching skills relevant to fundamental/early train to train stage Demonstrate coaching competencies relevant to a Level 1 coach</p>	<ul style="list-style-type: none"> • Planning, organising, assisting coaching and reviewing sessions fundamental/early train to train stage) • Code of Ethics and Fair Play • ISC Real Winner Certification • Practical Coaching Test 	<p>70 hours, 8-15 hours logged experience. Minimum 3 days contact time. 4 Days maximum.</p> <p>A minimum of 6 months. 12 hour coach practice and 6 hour home study</p>
<p>Level 1 Club Coach</p> <p>Role: Plan, implement and review sessions for Athletes and Novice Lifters</p>	<p>Provide basic coaching skills in line with the IWF Level 1 Club Coaching Manual</p>	<ul style="list-style-type: none"> • ISC Code of Ethics Certificate • National Vetting • ISC Anti-Doping Protocol • IWF Rules and Regulations • Practical Coaching Test • Current 1st Aid Certificate 	<p>8 Hours contact time + 4 Hours External course ISC Code of Ethics</p>

Assessment Criteria:

Individual Candidate Marking Sheet 1	Weightlifting Level 1 Assistant Coach Assignments (3) 100%
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Candidates Name:

N.F. Membership No:

Venue:

Assessment Criteria	Maximum Mark	Candidate Mark
All Assignments are compulsory, minimum 60% pass rate acceptable per section. Compulsory attendance at all workshops		
Assignment 1. A) Examination – Theory and Feedback. 15 Photograph. List main fault (1 mark each) B) Workshop Reflection and Feedback	15 5	
Subtotal	20	
Assignment 2. Logbook Understanding and knowledge of topic Systematic approach Evidence of independent thinking Feedback from participant Coach feedback End of Logbook Personal Reflection	5 5 5 5 5 5	
Subtotal	30	
Assignment 3 a) Attendance b) On-Line Real Winner Certificate c) Practical Assessment	10 10 30	
Subtotal	50	

Total Marks	Maximum Mark 100	Candidate Mark
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Internal Assessor's Signature:
National Federation Representative

Date

External Authenticator's Signature:
European Weightlifting Federation Representative

Date

Course Assessment Check List

Level 1 Assistant Coach		
Assignment 1 Check List		
15 Photograph or video fault test	Yes	No
Workshop Feedback a Reflection	Yes	No
Assignment 2 Check List		
Key Logbook Procedures Completed:		
Athlete History	Yes	No
Olympic Weightlifting Movement Assessment	Yes	No
Warm Up sample , Cool Down	Yes	No
Specific exercises Introduced	Yes	No
Minimum of 8 Sessions	Yes	No
End of Logbook Personal Reflection	Yes	No
Assignment 3 Check List		
a) Full attendance	Yes	No
b) Practical Assessment	Yes	No
c) ISC On-Line Real Winner Certificate	Yes	No

Level 1 Club Coach		
Successfully Completed the Level 1 Assistant Coach		
d) *Recognised 1 st Aid Certificate	*Yes	*No
e) *National Vetting Form	*Yes	*No
f) *National Vetting Confirmation Received	*Yes	*No
g) *ISC Code of Ethics Certificate	*Yes	*No
h) *Attendance Workshop	*Yes	*No
i) *Practical Assessment	*Yes	*No

Photograph Test - Completed final day of workshop.

Practical Test - Completed final day of workshop.

Workshop Feedback Form – Submitted electronically within 7 days following workshop 1 to Course Director

Logbook - Submitted electronically to Course Director. Deadline a maximum of 8 weeks following Workshop 1. Submission extension only by agreement in writing from Course Director.

ISC Real Winner Quiz - Certificate of Completion to be submitted with Logbook.

**National Vetting forms - Available from Weightlifting Ireland Governance Officer.*

**ISC Code of Ethics - 3 Hour External Qualification. Please contact your local Sports Partnership.*

**1st Aid Certificate - External Qualification Registered in Ireland.*



Weightlifting Ireland Coach Development Pathway

Practical Test. Exercise Selection

<p>Level 1 Assistant Coach</p>	<p><i>Exercises available in the IWF Club Coach Level 1 Manual and course presentations</i></p> <p>Clean – Power Clean Snatch - Power Snatch Front Squat Back Squat Jerk – Squat and Split</p>
<p>Level 1 Club Coach</p>	<p><i>Exercises available in the IWF Club Coach Level 1 Manual and course presentations</i></p> <p>Clean and Jerk, the Snatch. Press from Behind Neck – Jerk Grip and Snatch Grip Push Press Pulling Exercises - Clean Grip and Snatch Grip Deadlift – Clean Grip and Snatch Grip - RDL Power Jerk from Behind Neck - Power Jerk Push Pressing Snatch Balance - Drop Snatch Squats – Split Squats</p>

Weightlifting Ireland Coaching Pathway

<p>1.Coach Assistant Club Coach Level 1</p>	<p>Assist in the delivery of sessions. Introduce basic exercises and assists in the delivery of sessions.</p>
<p>2.Club Coach Level 2</p>	<p>Deliver sessions over a twelve month period, often as part of a wider programme.</p>
<p>3. Advanced / Senior Coach</p>	<p>Oversees and contributes to the delivery of programmes over a quadrennial cycle and in specific contexts. Involves in the management and development of other coaches.</p>
<p>4. Master / Head Coach</p>	<p>Oversees and contributes to the delivery of programmes over a series of Olympic cycles, in medium to large scale contexts, underpinned by innovation and research. Involved in designing and overseeing management structures and development programmes for other coaches.</p>

Weekend 1 Timetable

Day 1

Timetable may be subject change

9.00 – 9.15	Registration	
9.15– 9.30	Course Procedures and Weekend guidelines	
9.30 – 10.15	The Benefits of Olympic Weightlifting and Coaching Principles	
10.15 – 10.45	Biomechanics	
10.45 – 11.00	Break	
11.00 – 11.30	The role of Postural Analysis and Movement Assessment	
11.30 – 12.15	Power Clean and the Clean – Key Phases	
12.15 – 12.45	Power Snatch and the Snatch – Key Phases	
1.00 – 1.45	Lunch	
1.45 – 2.15	Design a warm up.	
2.15 – 3.45	Video Analysis and Coaching the phases	
3.45 -4.30	Jerk – Key Phases	
4.30 – 5.00	Program Design	

Day 2

Timetable may be subject change

9.00 – 9.45	Group Coaching Session – Day 1 Review	
9.45 – 11.00	Assistance Exercises	
11.00 - 11.15	Break	
11.15 –12.30	Coaching – Exploring different Methods	
12.30 – 1.00	Long Term Athlete Development Pathway	
1.00 – 1.45	Lunch	
1.45 – 2.15	Periodization	
2.15 – 3.15	Coaching the Lifts – Video Analysis	
3.15 – 3.30	Break	
3.30 – 4.30	Coaching Review – Video Analysis	
4.30 – 5.00	Logbook & ISC Real Winner Quiz Procedures	