

Things you need to learn to become an expert coach

The technique of the Olympic Lifts

How to teach technique

How to assess an athlete's technique

How to use technology to assess technique

Modification of technique according to individual characteristics

How to improve technical performance

How to provide feedback on technical errors

How to correct technical errors

How to provide a rationale for technique for those who ask

Ensuring safety in the training room

Types of common injury

How to avoid common injuries

How to treat and rehabilitate common injuries

Determine the appropriate frequency and level of training for individuals

How to develop an exercise schedule for individuals

How to modify volume and intensity in the training program

How to periodise training for competitions

How to taper training for competitions

How to set training goals, performance and process

How to deal with social interaction in the training environment

How to create an optimal environment for continued participation

How to create an optimal environment for high performance

How to plan competition performances

Performance standards and qualifications for major tournaments

How to nominate start weights at a competition

How to time the warm-up process during the process

How to settle an athlete during the warm-up process

How to judge the capability of the athlete on the day of the competition

How to deal with 1st attempt errors

How to make decisions on increments for 2nd and 3rd attempts

Rules of weightlifting competitions

Doping control procedure

How to reduce athlete weight for competitions

Appropriate dietary measures for athlete bodyweight increase

Strategies for recovery from intense training

How to manage athlete behaviour on away trips