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| **Lifter name:** | Niyah Callister | **Venue:** | OASIS For Young People | | | **Date of session:** | | 15/8/19 | |
| **Considerations for the session:** | | Before conducting these sessions with the Youths within the Weightlifting Club, a full risk assessment will have been made and checked over in advance. This allowing for hazards to be prevented and for any potential risks to be outlined and removed from the sessions. The youths will be made aware of the fire exits, any fire procedure plans (in the event of a fire) and where any water and kitchen facilities are. They will also be told who is a First aider, if they require first aid in the event of an emergency. | | | | | | | |
| **Objective for the session:** | | The lifters should be aiming to complete the complex and assistant exercises to help aid their overall Clean and Jerk performance. These lifters should be focusing upon finding and experimenting with a ‘comfortable hang Clean position’. This should include them feeling comfortable to complete the complex with a suitable grip. The lifters should be introduced to the safe technique of ‘adjusting the barbell on the shoulders’. This should be done before the complex. Ideally, all lifters should have grasped and tried this within the session. | | | | | | | |
| **Session content (including technical content of the session, coaching cues and other considerations e.g. timings/reps)** | | | | | | | | | |
| **Warm up** | | | **Main Session** | | | | **Cool Down** | | |
| Pulse raiser: Domino lifts. First lifter begins the chain and after the lifter has finished, the next person must begin and so on. On arrival back to the first lifter, they must think fast to produce a new movement, if not: someone else takes over.  Stretches (hold for 10-15 seconds):  Walk forwards, sweep arms past ankle (10 reps)  Hip circles (8 reps per direction)  Kneeling, arms stretched out  Hold squat position  Session related exercise:  Power clean with empty barbell (8 reps) | | | **Intuitive rest, minimum of 40 seconds**  **Clean and Jerk Complex (Hang Power Clean with 3 Squats) 3 sets of 3 75-80% of 1RM**  The lifters should feel comfortable within the hang position. The lifter should demonstrate good technique for each front squat and repetition. Avoiding elbows touching knees.  **Romanian Deadlifts 3 sets of 4 75% of 1RM, 80% of 1RM last set**  The lifter should complete these sets with straight legs and a flat back. It is recommended for the lifter to use a clean grip.  **Strict Presses 3 sets of 3 80% of 1RM**  The lifters will be given the choice of whether to complete these presses with a Clean or Snatch grip. | | | | Activity: All weights in middle. In pairs/teams must collect weights in time limit. Most kilograms collected wins.  Stretches (hold for 10-15 seconds):  Hip flexor stretch  Wrist and ankle stretches  Hug knee into chest lying down  Ankle pulled to glutes  Arm and leg swings (10 reps per limb) | | |
| **Did you meet your session objectives for the lifter?** | | | **Yes** | Yes | **No** | | | |  | |
| **What might you do differently if you delivered the session again?** | | | Some lifters were needing more rest than others, but some took advantage of the rest. Therefore, if lifters are using similar weights they will be paired up next time. Meaning that those taking advantage of their recovery time, will feel that as soon as they feel able to complete another set (after their partner), that they are obliged to in order for the session to continually run. After all, their partner will be waiting for them. If a lifter isn’t wanting to participate, the partners could watch and point out technical differences between each set. | | | | | | |
| **What action points would you set yourself for your own coaching development?** | | | For my own development as a coach, I would encourage good behaviour through setting some ground rules within the club. This including promoting the safety of the youths and simple helpful tasks such as putting equipment away. | | | | | | |
| **Any other comments for self-evaluation:** | | | No. | | | | | | |