WEIGHTLIFTING WALES
CODI PWYSAU CYMRU



YOUTH TRAINING GUIDELINE

EXCELLENCE

INCLUSIVITY

LIFTING A NATION

QUESTIONS YOU SHOULD ASK . . . .

01

WHAT AGE IS THE ATHLETE?

- U12
- U15
- U17

02

WHAT LEVEL OF TRAINING IS THE ATHLETE AT?

- FUNDAMENTALS
- LEARNING TO TRAIN
- TRAINING TO TRAIN

02

Stage-2: FUNDAMENTALS

Boys aged 6-9 years old
Girls aged 6-8 years old



03

Stage-3: LEARNING TO TRAIN

Boys aged 9-12 years old
Girls aged 8-11 years old



04

Stage-4: TRAINING TO TRAIN

Boys aged 12-16 years old
Girls aged 11-15 years old



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03

WHAT TYPE OF TRAINING IS APPROPRIATE?

- BASIC PROGRAMMING
- INDIVIDUALISED BASED ON AGE, MATURITY AND PERSONAL GOALS

When an adolescent is learning a new exercise, use no-load repetitions to place focus on form and technique. For example, body weight exercises and PVC pipe.

Exercises should be performed through full range of joint motion.

Sub maximal loads to develop form and technique in a variety of exercises.

It is important that balance and coordination are developed in youth athletes. If the athletes is underdeveloped in these areas they are more susceptible to injury.

4 – 6 exercises are recommended per 60-minute session. It is important to include exercises that train major muscle groups in the body such as upper, torso and lower.

Youth training programs should start with 4-5 sets per exercise and 3-5 repetitions on technical exercises, athletes must demonstrate correct technique before increasing the number of sets or resistance.
4-5 sets per exercise and 6 -12 repetitions on strength exercises, it is highly important that these exercises are performed with good technique and form. The repetitions should be completed with some fatigue but not to failure, the resistance can be increased by 5% when the athlete can complete 12 repetitions easily. With a 5% increase, repetitions start at 6, If the athlete is unable to complete the 6 repetitions, then the weight should be reduced as it is too heavy. Increase repetition as the load becomes easier.

Rest between sets is approximately 1 to 3 minutes depending on intensity.

Training should be performed 2 to 3 times a week.

Ensuring the athletes safety, the youth athlete should follow a progressive program under the guidance of a licensed coach.

The Snatch and Clean and Jerk are complex movements that require skilled coaching and supervision. Such lifts should never be attempted without proper training and supervision.

Session examples for beginners:

Warm up:

Dynamic
Jumping jacks x 20
High knees on the spot x 20 each leg
Walking lunges x 10 each leg
BW Squats x 10
BW jumping lunges x 10 each leg

Mobility:
Shoulder circles
Hip circles
Knee circles
Ankle flexion

Lot	Exercise	Sets	Reps	Notes
1	Over Head Squat (OHS)	5	4	Goal: maintain control and stability
2	Snatch Balance (SB)	5	4	Goal: drop at speed and under control, maintain stability throughout.
3	Snatch Grip Deadlift (SGDL)	4	4	Goal: maintain key positions and form
A	Military Press	3	10	Goal: press to full extension hold and return to start position
A	Kettlebell Swing	3	15	Goal: press to full extension hold and return to start position
B	Dish to Dome	3	10	Goal: control the movement and try not to use your hands
B	Leg Raises	3	10	Goal: control the movement and keep the back flat on the floor

Lot	Exercise	Sets	Reps	Notes
1	Front Squat	5	4	Goal: maintain control and stability
2	Hang Clean	5	4	Goal: drop at speed and under control, maintain position throughout.
3	Push Press	4	4	Goal: drive with the legs
A	Bent Over Rows	3	10	Goal: neutral back position, elbow to the sky
B	Plank	3	30s	Goal: bracing the core, maintain position
C	Glute Clams	3	10	Goal: lift and lower the knee under control

04

WHAT SHOULD BE INCORPORATED IN TRAINING?

BODY WEIGHT EXERCISES, PLYOMETRICS, STRENGTH TRAINING, POWER AND SPEED DEVELOPMENT, BALANCE & COORDINATION, MOBILITY & FLEXIBILITY

CONSIDERATIONS

1. The athletes biological age and physiological age can differ, for example:
Biological 14 year old boy may have the physiological age of a 16 year old boy.
Biological 12 year old girl may have the physiological age of a 10 year old girl.
It is IMPORTANT to consider the biological and physical age when programing the youth athlete as this can aid with progression and if training is not relevant there may be regression.

2. If the athletes biological age is higher than the physiological age, it would be advised to keep the athlete in the relevant stage of training. For example, the athlete may be U15 and should be in the training to train stage but they have never done weightlifting before and have the physiological age of a 11 year old which means they should be in the learning to train stage.

3. When an adolescent is learning a new exercise, use no-load repetitions to place focus on form and technique. For example, body weight exercises.

4. Exercises should be performed through full range of joint motion.
Submaximal loads to develop form and technique in a variety of exercises.