**Weightlifting Training methods for Children and beginners**

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**Abstract**

*A coach assumes the responsibility for doing everything possible to ensure that the youngsters or beginners, in his or her class and training center will have an enjoyable and safe experience while they learn weightlifting skills. If coach takes the fun out of weightlifting and he or she then will take the kids out of weightlifting sport. Children enter sport for a number of reasons to meet and play with other children, to learn skills and to develop physically, but their major objective is to have fun, help them achieve this goal by injecting humor and variety into your classes. Such an approach will increase athletes' desire to participate in the future.*

*The purpose of this research is to enhance and improve the athletes’ (lifters’) weightlifting abilities and skills by teaching them the most up-to-date training methods and techniques. In this method, coach will teach them how to avoid injuries while training and doing special weightlifting exercises and movements. In this method, coaches teach their athletes the fundamental skills necessary for obtaining achieving in weightlifting activities and obtaining medal at the national and international competitions. Participating in professional weightlifting workshops in other countries is beneficial and useful for the participants and increases their knowledge and skills. In addition to having weightlifting knowledge, the coach must implement proper training and safety methods. If an athlete / lifter get severely injured in weightlifting sport, it means that the coach will lose them forever and this would be considered as a great loss for the coach. It has been concluded that if coaches pay much attention to their athletes’ safety and improvement, they will be much more successful in their profession.*

***Keywords:* New Weightlifting Training Methods , Proper Tools and Training Area , Safety Methods , Modern Knowledge & Skills , Minimizing the Risks of Injury .**