1. How would you define ‘Power’?
2. What is the training progression for preparation for ‘Power’ training?
3. What are 3 benefits of performing ‘Power’ training?

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1. List and describe the 3 different starting positions (bar) for Weightlifting.
2. \_
3. \_
4. \_
5. What teaching points would you use for instructing a ‘Deadlift’?

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1. List and describe the 2 different end positions for Weightlifting.
2. \_
3. \_
4. What is the main benefit of an Overhead Squat?
5. What are the 4 teaching drills for the Power Clean?
6. \_
7. \_
8. \_
9. \_
10. In performing a Clean or a Snatch from the floor position, at what point should you accelerate the movement of the bar?
11. In performing Power training, is it more important to develop speed initially or an increase in weight?
12. Should you perform a set to failure when training for power?