

# NSCA's Foundations of Coaching Lifts

## *Hands-On Approach to Coaching Lift Progressions*

### Sample Course Schedule

Week	Topic	Content
1	Overview	Course info <ul style="list-style-type: none"><li>• Instructor background</li><li>• Course syllabus</li></ul> Key concepts <ul style="list-style-type: none"><li>• Terminology</li><li>• Anatomy</li><li>• Equipment requirements</li></ul>
2 to 3	Back squat	Teaching progression and coaching corrections <ul style="list-style-type: none"><li>• Bodyweight squat</li><li>• Goblet squat</li><li>• Front squat</li><li>• Barbell back squat</li><li>• Spotting</li><li>• Key takeaways</li></ul> Back squat quiz
3	Bench press	Teaching progression and coaching corrections <ul style="list-style-type: none"><li>• Modified push-up</li><li>• Push-up</li><li>• Barbell bench press</li><li>• Spotting</li><li>• Key takeaways</li></ul> Bench press quiz
4	Push press	Teaching progression and coaching corrections <ul style="list-style-type: none"><li>• Standing barbell behind-the-neck (BTN) shoulder press</li><li>• Standing barbell front-of-the-neck (FOTN)</li><li>• Shoulder press</li><li>• Behind-the-neck (BTN) push press</li><li>• Missing a lift</li><li>• Key takeaways</li></ul> Push press quiz
5 to 7	Power clean	Teaching progression and coaching corrections <ul style="list-style-type: none"><li>• Front squat</li><li>• Clean pull (from the power position)</li><li>• Power clean (from the power position)</li><li>• Clean grip Romanian deadlift (RDL)</li><li>• Clean pull (below knee)</li><li>• Power clean (below knee)</li><li>• Clean pull (to knee)</li><li>• Clean pull</li><li>• Power clean</li><li>• Missing a lift</li><li>• Key takeaways</li></ul> Power clean quiz
8	Technique practice	Practice all lifts from the course Prepare for the practical examination, review videos, and discuss Q&A
Final	Performance assessment	Practical examination