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28. Does the use of an imagery intervention have an effect upon clean and jerk technique in trained individuals?

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Studies show that the use of imagery can be effective (Holmes & Collins, 2001, *Journal of Applied Sport Psychology*, 13, 60–83) however questions remain about its use in connection to Olympic weightlifting. Previous studies have investigated the effect of imagery and the effect on strength production (Sibernagel et al., (2007), *Journal of Strength and Conditioning Research*, 21(4), 1077-81) but few studies have focused on technique. The aim of this project investigates the effect of imagery on the technique of the Olympic weightlifting movement, the clean and jerk. Ethical approval for this project was granted by the institutional ethics board. The study was conducted over four weeks and was determined to be a longitudinal study. This study was based on the experimental research design. Twenty-two experienced weightlifters categorised as lifting for 6 months or more (mean age $29.0 \pm SD 6.88$) participated in this study, all were familiar with the clean and jerk technique. Participants were randomly divided into two groups, control and intervention. The intervention group followed an intervention based on the Physical, environmental, task, timing, learning, emotion and perspective (PETTLEP) model of imagery as used in previous studies (Smith et al., (2008), *Research Quarterly for Exercise and Sport*, 79(3), 385-91) whilst the control group lifted as normal. The data was collected by The Vividness of Movement Imagery Questionnaire (Roberts et al., 2008, *Journal of Sport & Exercise Psychology*, 30(2), 200–221) to assess visual, external visual and kinaesthetic imagery types. Video recordings from both sagittal and frontal plane cameras were analysed using Kinovea video analysis software. The biomechanical variables analysed included bar deviation from a central line, torso angle in relation to horizontal at the beginning of the lift, knee/ankle angle at the start of the lift and the bar trajectory/length for the duration of the lift. Pre – Post changes in imagery skill and biomechanical variables were evaluated using two-way ANOVAs. The results are currently pending. The results from this study will have implications for coaching Olympic weightlifting, helping both new and existing coaches to use effective imagery techniques with athletes in order to improve clean and jerk technique.