



TEACHING PROGRESSIONS for the OLYMPIC LIFTS for TRACK and FIELD

Thomas A. Kraus

MS, MA, CSCS, USAW, RSCC*D

Physical Education Lead Teacher – West Aurora High School

Strength and Conditioning Coordinator – West Aurora School District 129

Head Coach of the Aurora Weightlifting Club

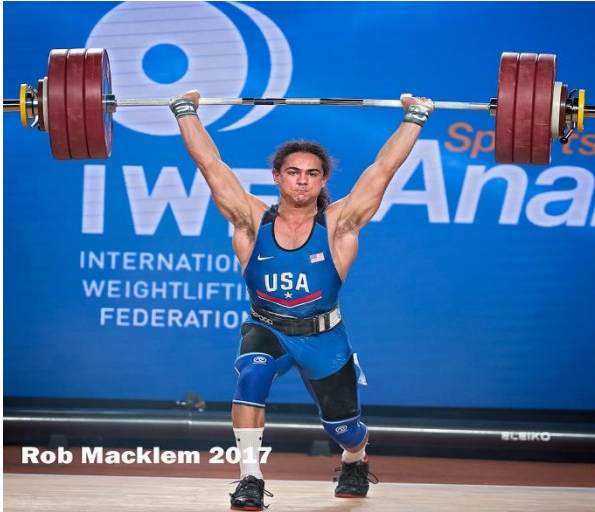


WHY TEACH THE OLYMPIC LIFTS

- The Olympic lifts...
 - produce functional power through violent extension of the ankles, knees and hips. ***Throwers, jumpers and sprinters can benefit from variations of the Olympic lifts.***
 - utilize the same Phosphagen energy system as the throws, jumps and starts – the duration of the events are similar. (***sport specificity***).
 - Snatch & Jerk work the functional musculature needed for throwing.
 - are efficient in workouts when time is short.
 - are athletic (***speed, mobility/flexibility***).
 - are aggressive and fun (***mental engagement***).



The Below Example are Really Cool But.....





A Practical System of Teaching Progressions for Learning the Olympic Lifts

These concepts will successfully direct the teaching of the Olympic lifts:

1. Continual Practice – Practice a component of the lifts as often as possible. If the loads are appropriate, the athletes will not over train.
2. Plan/Program – Write periodized training plans that manipulate volume and intensity (TAKE OUT THE GUESSWORK AND INJURY RISK).
3. Teach and Reteach the ***HIP HINGE***.
4. Teach the Lifts Top Down.
5. IMPORTANT: Teach how to miss.



Slow Motion Example of Snatch Demonstrated by U.S. Olympian Chad Vaughn

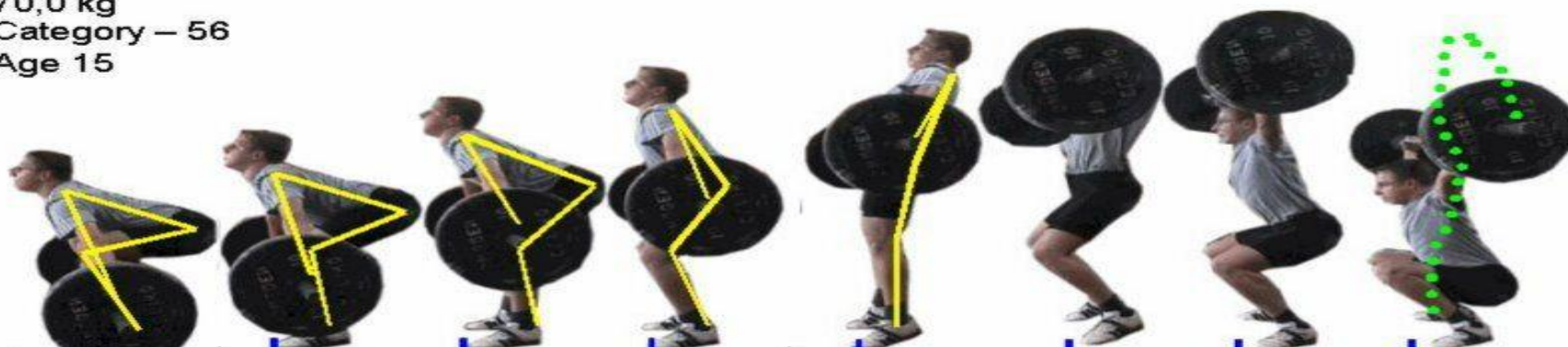




The Snatch – The Fastest Lift

Technique - Snatch Olympic Weight Lifting

70,0 kg
Category – 56
Age 15



START 1st PULL 2nd PULL DROP RECEIVING and SQUAT

V max.					Path of the bar
<p>Muscles tight Back flat Shoulders above the bar Feet hip width apart Toe tips under the bar Arms straight</p>	<p>no rising of the buttocks (parallel back shift) Knees move backwards Back flat Arms straight</p>	<p>explosive hip and knee extension full body extension, shrug Arms remain straight reaching maximum velocity (V max.)</p>	<p>quick drop under the bar active arm pull pull close to the body, do not swing jump in to squat feet move low above ground</p>	<p>immediately contact to the ground active break of the falling bar Feet shoulder width apart Stable squat position, muscles tight, Elbows locked</p>	<p>Bar moves behind the vertical line (from start) do not move around the knees (1st pull) no bar swing during 2nd pull</p>

Klaus Bartonietz Ph D
Günter Renner Coach



TECHNIQUE OVERVIEW - SNATCH

1. How to hold the bar
2. Hand width
3. Starting position
4. Bar path
5. Arm involvement
6. ...



TEACHING PROGRESSIONS – SNATCH

We will focus on Power Snatch

Difference – Snatch vs. Power Snatch

Difference – Snatch vs. Hang Snatch

1. Snatch Grip Press (Behind the head) – No leg drive
2. Snatch Grip Push Press (Behind the head) – Same focus as the press but more dynamic because of leg drive
3. Snatch Grip Push Jerk (Behind the head) – This will teach hand & foot punch timing as well as introducing dynamic stability.



TEACHING PROGRESSIONS – SNATCH (continued)

4. Overhead Squat

- The snatch press, push press, or push jerk will position the bar overhead
- Hip hinge very important
- Overhead squats engage the overall human musculature
- Overhead squats teach position
- Overhead squats identify potential issues

5. Snatch Grip RDL

- Forces hip hinge and posterior chain recruitment
- Strengthens the position over the bar

6. Hang Power Snatch

- Final Power Position/Mid Thigh (all 2nd and 3rd pull)
- Below the knee (1st, 2nd, and 3rd pull)

7. Power Snatch (Floor – 1st, 2nd, and 3rd Pulls)



TEACHING PROGRESSIONS – SNATCH **COMPLEXES**

Complexes do 3 main things:

1. Complexes put 2 skills together to learn the overall desired skill
2. Complexes reinforce movement patterns
3. Complexes increase volume efficiently



TEACHING PROGRESSIONS – SNATCH **COMPLEXES**

Examples of Functional Snatch-Related Complexes:

1. Snatch Press/OHS
2. Snatch Push Press/OHS
3. Snatch Push Jerk/OHS
4. Hang Power Snatch/OHS
5. Power Snatch/OHS
6. Snatch Pull/Power Snatch/OHS



TEACHING PROGRESSIONS – SNATCH *CUES*

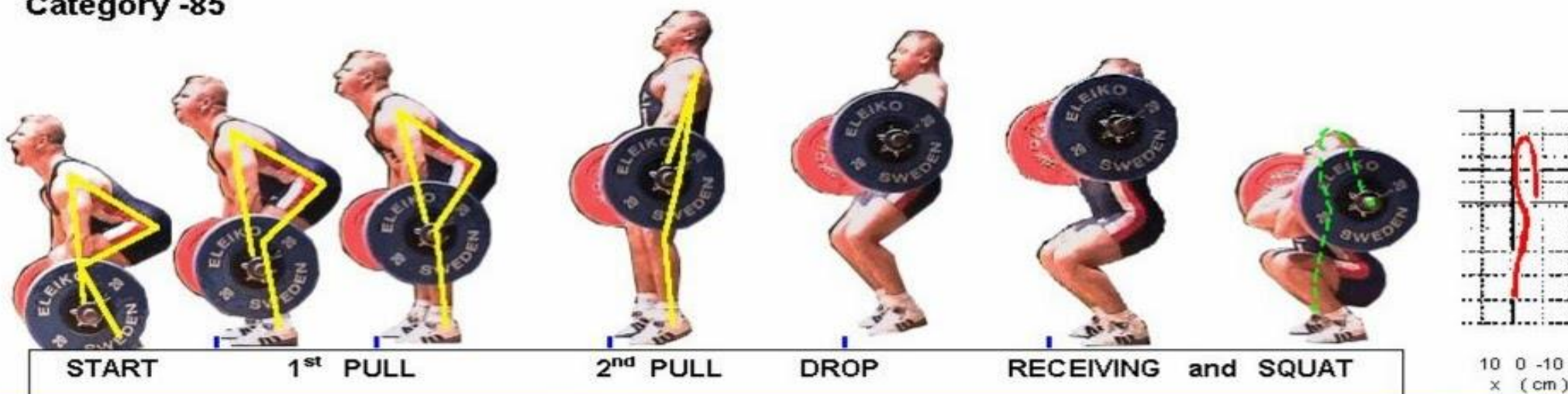
Teaching Cues – Over time, you will develop your own cues:

- Hands and feet punch together (jumping jack concept)
- Lock the elbows – press hard to the ceiling (in **recovery**)
- Head through the window (arms and bar)
- Bar in line with the ears, hips, feet
- Open knees, stay on heels in squat



THE CLEAN

170,0 kg
Category -85



V max.					Path of the bar
Muscles tight Back flat Shoulders above the bar Feet hip width apart Foot tips under	no rising of the buttocks (parallel back shift) Knees move backwards Back flat	explosive hip and knee extension full body extension, shrug Arms remain straight	quick drop under the bar active arm pull pull close to the body, do not swing the bar jump into squat	immediately ground contact Elbows up, fast active break of the falling bar Feet shoulder width apart Stable squat position,	Bar moves behind the vertical line (from start) do not move around the knees (1 st pull) no bar swing



Slow Motion Example of Clean Demonstrated by U.S. Olympian Chad Vaughn





TECHNIQUE OVERVIEW - CLEAN

We will focus on Power Clean

Difference – Clean vs. Power Clean

Difference – Clean vs. Hang Clean

1. How to hold the bar
2. Hand width
3. Starting position
4. Bar path
5. Arm involvement
6. Rack position
7. ...



TEACHING PROGRESSIONS – CLEAN

1. Front Squat – Already covered (***DO NOT NEGLECT***)
2. **Romanian Deadlift** (RDL) – Again, teaches the hip hinge and keeping the bar close and strengthens the posterior chain necessary for executing the lifts
3. Hang Clean (final power position/2nd and 3rd Pulls) – The knees are not a factor
 - Final Power Position/Mid Thigh – work your way down the leg
 - Below the knee (not the floor – teaches how to negotiate the knees)
4. Power Clean (Floor/1st, 2nd, and 3rd Pulls) – The knees will be the biggest challenge



TEACHING PROGRESSIONS – CLEAN **COMPLEXES**

Examples of Functional Clean-Related Complexes:

1. Hang Clean Pull/Hang Clean/Front Squat
2. RDL/Hang Clean Pull/Hang Clean
3. Hang Clean/Front Squat
4. Clean (mid thigh, below the knee, floor)
5. Clean Pull, Power Clean, Front Squat (floor)



TEACHING PROGRESSIONS – CLEAN *CUES*

Power Clean Teaching Cues – Over time, you will develop your own cues:

- Hands and elbows punch together (jumping jack concept)
- Keep the bar close
- Long, high pull
- Punch feet from jumping to squatting position
- Keep the hips in correct position on the catch
- Patience with the pull (wait until you are in the final power position)



THE JERK

Technique - Jerk Olympic Weight Lifting



170,0 kgs
Category -85



START



DIP



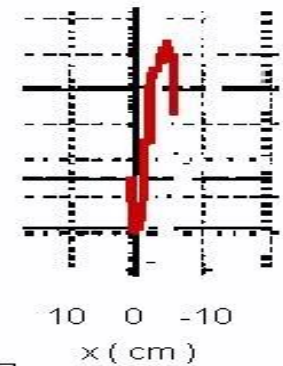
DRIVE



DROP



RECEIVING and SPLIT



V max.					Path of the bar
<p>Muscles tight</p> <p>Shoulders support the bar</p> <p>Elbows slightly down</p>	<p>Knees bend forward</p> <p>Upper body upright</p> <p>Elbows maintain controlled downward movement</p>	<p>explosive hip and knee Extension</p> <p>Drive upright reaching the maximum velocity (V max)</p>	<p>Fast under the bar</p> <p>Loss of ground contact (jump)</p> <p>Feet move flat above ground</p> <p>active arm press</p>	<p>immediately ground contact</p> <p>Active braking the falling bar</p> <p>Bar, shoulder and hip on a vertical line</p> <p>Front knee above front foot</p> <p>rear leg slightly bend, but solid</p>	<p><u>Dip:</u> straight downward</p> <p><u>Drive:</u> straight upward</p> <p>reaching a point above head, slightly behind</p>



TEACHING PROGRESSIONS – JERK

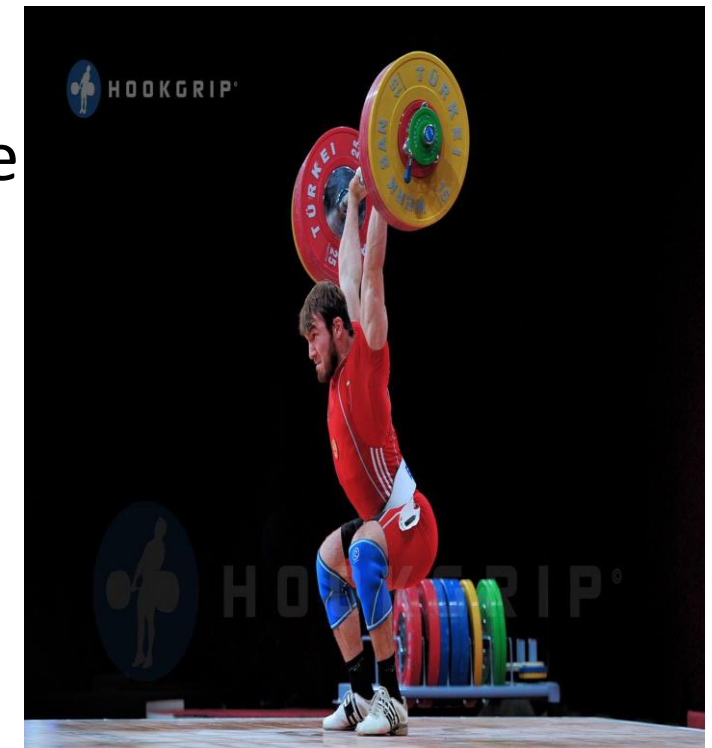
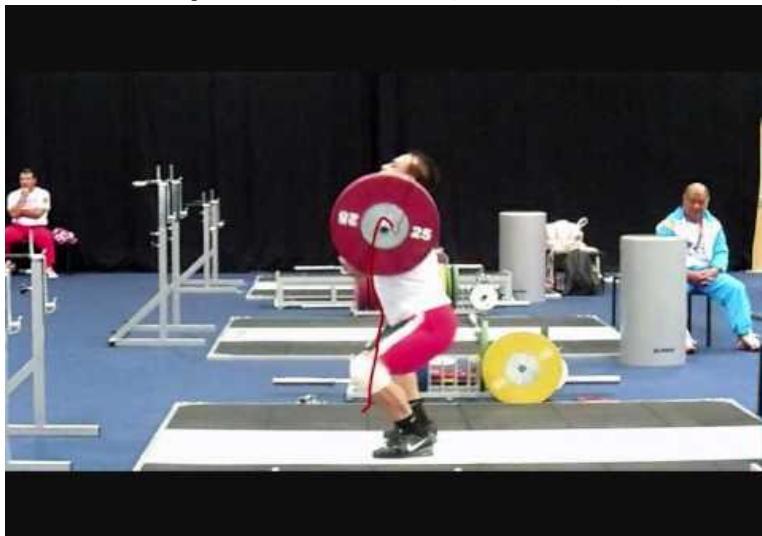
Jerks possesses huge carryover into shot putting. Again, start slow and simple and progress from there.

1. Strict Press (behind the head)
 - The shoulders are already rotated correctly.
 - Potential shoulder issues might be identified early.
2. Strict Press (front)
 - More carry over into a traditional jerk
 - Teaches the athlete how to negotiate the chin
 - Teaches how to shift & widen elbows while resting the bar on the shoulders
3. Push Press (behind the head)
 - Make sure the athlete maintains a straight torso on the dip
 - opening the knees on the dip will help
4. Push Press (front)
 - Same reasons as the strict press



TEACHING PROGRESSIONS – JERK (continued)

5. Push Jerk (behind the head) – Feet move and knees rebend to receive the bar. The bar is in line with the hips
6. Push Jerk (front) – Again the chin is the challenge
7. Split Jerk (behind the head)
8. Split Jerk (front)



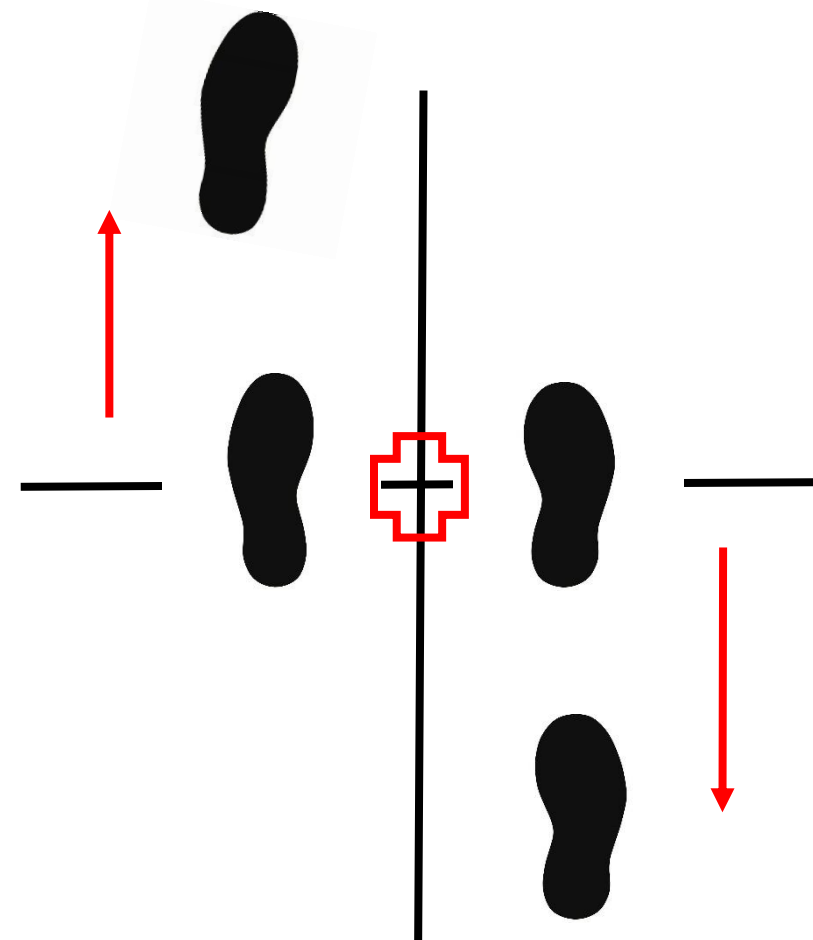


TEACHING PROGRESSIONS – JERK

CUES

Below are some useful teaching cues for the jerk:

- Tight core on the dip
- Stay on the heels in the dip
- Dip/Drive straight
- Create a double chin with head
- Punch under
- Punch hands, head, and front foot together
- Get the head through the window
- Recover 1 step back, 1 step forward
- Elbows locked – elbows rotated, wrists tight.
- Feet end on same line





TEACHING PROGRESSIONS – CLEAN & JERK **COMPLEXES**

After learning each individual exercise and progression, the complexes below can be added to the program.

- Clean Pull/Power Clean/Front Squat/Push Press
- Power Clean/Front Squat/Push Jerk
- Clean Pull/Power Clean/Front Squat/Split Jerk



BACK SQUAT – Still the King

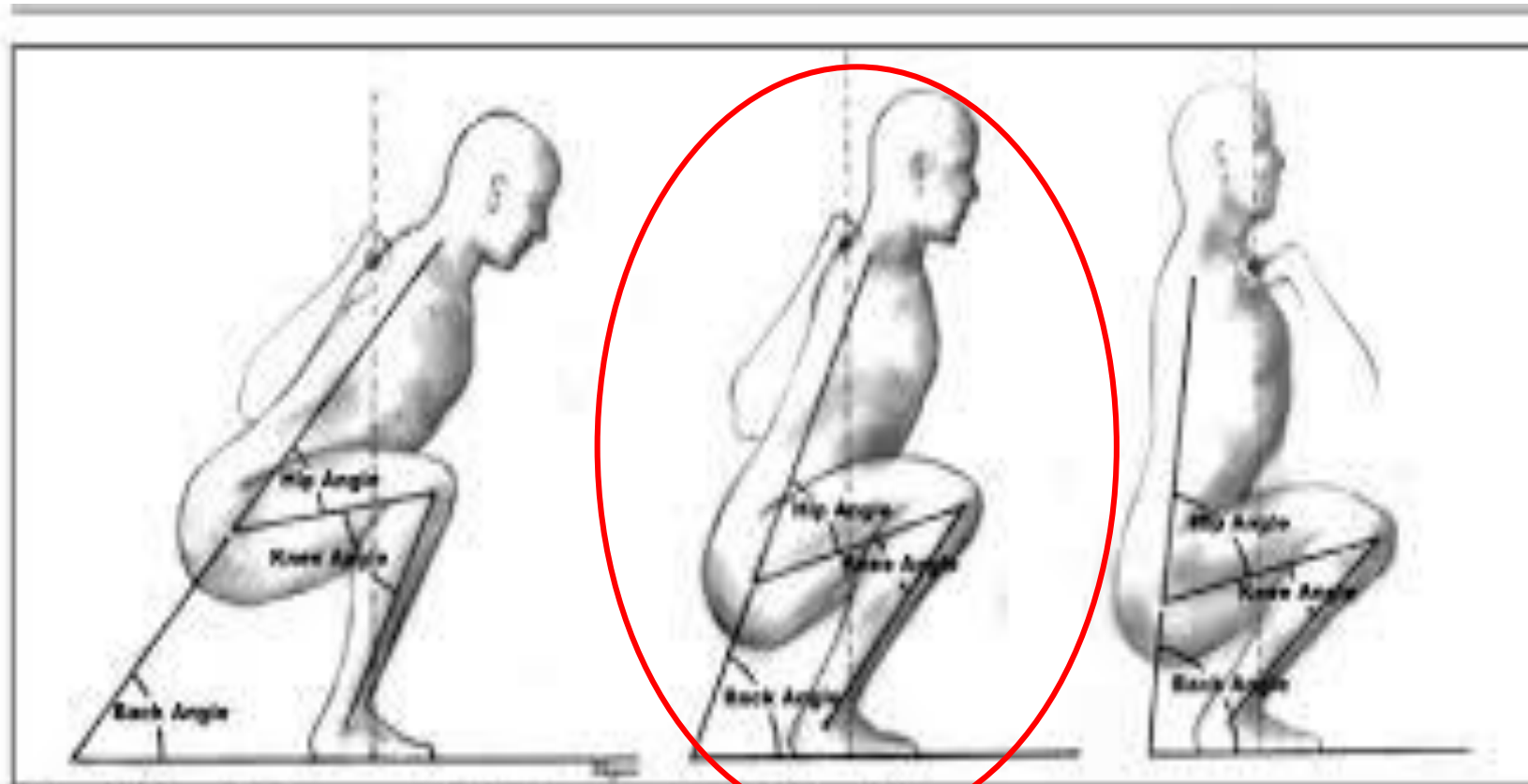


Figure 2. Note the difference in body angles in low-bar, high-bar and front squats.



TEACHING PROGRESSIONS – Back Squat

CUES

Back squat is a universal S&C exercise that should be mastered first. It loads the spine well and teaches the HIP HINGE.

Corrections/Teaching Cues:

- Bar position
- Hand position
- Feet position and toe direction
- Weight counter balance/hip hinge drill
- Knees track toes
- Stay on whole foot
- Use med ball or bench butt target
- Band around knees as physical cue and hip strengthener



FRONT SQUAT

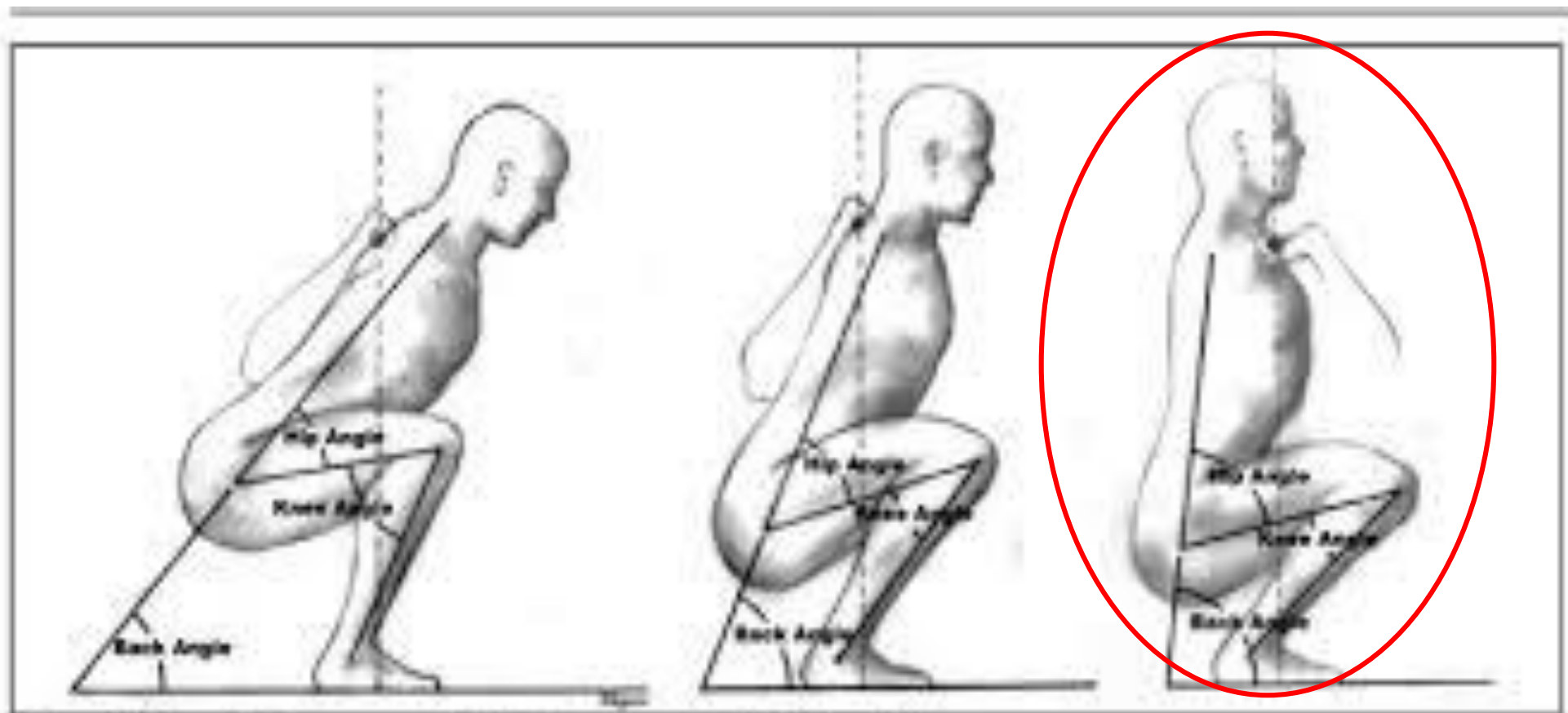


Figure 2. Note the difference in body angles in low-bar, high-bar and front squats.



FRONT SQUAT

CUES

Front squats should be mastered while learning cleans.

Front squats load and develop the “rack” position necessary for cleans.

***HIP HINGE** also important.*

Corrections/Teaching Cues:

- Elbows up (upper arm parallel to the floor)
- Shift hips back (***Hinge***)
- Knees track toes
- Weight on whole foot; not on balls of the foot
- Squeeze the bar
- Tight core
- Keep the torso straight



TEACHING PROGRESSIONS – SQUATS

CORRECTIVE DRILLS EXERCISES

1. Hip Hinge Drill with Stick
2. Back Squat
 - Extended-Arm Squats
 - Med Ball Butt Touch
 - Band Around Knees
 - Hand Grip Rack Drill
3. Front Squat
 - Handless Front Squat
 - Med Ball Butt Touch
 - Band Around Knees
4. Overhead Squat
 - Overhead Grip Drill
 - **Sotts Press – The Best**
 - Band Around Knees
 - Med Ball Butt Touch



CONCLUSION

The Olympic lifts, or variations, offer so much to any athlete where explosive extension of the ankles, knees, and hips is a priority.

In short the Olympic Lifts...

- Produce power
- Work within similar energy systems as many power sports
- Develop dynamic strength
- Work the posterior chain muscles with eccentric loading in catch phases
- Provide movement that is exciting in workouts
- Develop strong hip extension through loaded hip hinging



Athletic Breakdown of Both Lifts

Notice the identified athletic components necessary to execute both lifts:

- Power/Speed
- Flexibility/Mobility
- Strength/Dynamic Strength/Control
- Intangibles – Courage/Work Ethic





QUESTIONS





TEACHING PROGRESSIONS – Snatch

CORRECTIVE DRILLS EXERCISES

(continued)

5. Power Snatch

- “U” Mat – Teaches how to extend, land, and time
- Pause Catches – Catch for 2 seconds in the catch and hold
- 1st Pull Slow Pull (2 seconds to the knee)
- Snatch Extensions (pulling the bar into final power position)





TEACHING PROGRESSIONS – Clean

CORRECTIVE DRILLS EXERCISES

(continued)

6. Power Clean

- Front Squats
- “U” Mat (refer to previous slide for illustration)

7. Jerk

- Split Position Strict Press
- Split or Push Jerks from the blocks (if you have them)
- Pause catches (hold receiving position for 2 seconds)
- Work front and back of head positions

Video Of The Olympic Lifts and Drills



West Aurora APE

<https://youtu.be/IS-gKhtpUI0>

Hip Thrust Demo

<https://youtu.be/W-q7KB-HU9A>

Power Snatch U Mat Drill

<https://youtu.be/NV-Q2-s591g>

Hang Snatch Demo

<https://youtu.be/Q3QYzIoVqxc>

Squat Position Demo

<https://youtu.be/PhFx5GcEML8>