



**UNIT 3:
OLYMPIC LIFT
ASSESSMENTS**



UNIT 3 - OLYMPIC LIFT ASSESSMENTS

Video 9 - Olympic Lifts: Overhead Squats

- A. Teaching the Overhead Squat (0:20)
 - a. Finding proper hand position so it translates over to the snatch
 - i. Feet are hip width apart while gripping the bar
 - ii. Toes are slightly turned out
 - iii. Bend the knees 4-6 inches
 - iv. Maintain a vertical torso
 - v. Move the hands out to where the bar sits right in the crease of the hip
 - b. Unrack the bar as if you are doing a back squat and find your proper hand position from a
 - c. Beginning the squat
 - i. Feet are shoulder width apart
 - ii. Use the legs to push the bar overhead into a stable position
 - iii. The barbell should be above the ears or slightly back
 - iv. Arms locked (press up on the bar like you are trying to press through the ceiling)
 - v. Toes are slightly turned out
 - vi. Sit straight down (hips between the ankles)
 - vii. Vertical torso
 - viii. Nice controlled descent
 - ix. Reach up and maintain locked elbow the entire time
 - x. Knees track with first two toes
 - xi. Eyes straight ahead
 - xii. Sit in the bottom for 2-3 seconds
 - xiii. Repeat the above for 3-5 repetitions
 - d. Completing the movement
 - i. After completing the last rep, when lowering the bar down to the back, bend at the knees to absorb the weight
 - ii. Rack the bar



B. ABSOLUTES (6:09)

- a. Arms locked
- b. Vertical spine
- c. Knees tracking with the first two toes

C. Regressions (8:39)

- a. Frequency!!
 - i. Dowel/PVC Pipe
 - ii. Barbell
- b. Fixing Knees Coming In
 - i. Continue to do squats or to a box
 - ii. Ideally, use an adjustable leather strap that is adjusted for exactly where the athlete's knees need to track perfectly over the toes when they press against it
 - iii. Have them do a few reps daily **frequency will trump almost everything when it comes to movement patterns and mobility*
- c. Fixing Knees Going to Far Out
 - i. Continue to do bodyweight squats or to a box
 - ii. Use A Ball that is large enough to allow the knees to track perfectly over the toes when they press against it
 - iii. Have them do a few reps daily **frequency will trump almost everything when it comes to movement patterns and mobility*
- d. Fixing Lack of Locked Arms
 - i. Snatch grip presses with dowel or barbell with slow eccentrics
 - ii. Dumbbell overhead squat
- e. Fixing Shallow Depth
 - i. Pausing in the bottom and breathing

**See Overhead Squat Assessment Checklist

Foot width is ultimately determined by where can you sit the lowest while maintaining a vertical torso



Video 10 - Olympic Lifts: Front Squat

- A. Teaching the Front Squat (0:24)
 - a. Hands shoulder width apart
 - b. Bar between the front delts and traps
 - c. Ideally, maintain full-fingered, relaxed grip on the bar
 - d. Elbows up
 - e. Feet shoulder width apart
 - f. Knees tracking with first two toes
 - g. Achieve depth sitting down with hips between ankles
 - h. Neutral spine
 - i. Feet flat on the ground
- B. ABSOLUTES (7:03)
 - a. Neutral spine
 - b. Knees track with first two toes
 - c. Sufficient depth
 - d. Shoulders protracted and elbows up
- C. Regressions (8:26)
 - a. Frequency!!
 - b. Fixing Knees Coming In
 - i. Continue to do squats or to a box
 - ii. Ideally, use an adjustable leather strap that is adjusted for exactly where the athlete's knees need to track perfectly over the toes when they press against it
 - iii. Have them do a few reps daily **frequency will trump almost everything when it comes to movement patterns and mobility*
 - c. Fixing Knees Going too Far Out
 - i. Continue to do bodyweight squats or to a box
 - ii. Use a Ball that is large enough to allow the knees to track perfectly over the toes when they press against it
 - iii. Have them do a few reps daily **frequency will trump almost everything when it comes to movement patterns and mobility*



- d. Fixing lack of shoulder protraction
 - i. Hook grip behind-the-neck protractions
- e. Fixing shallow depth
 - i. Pausing in the bottom and breathing
 - ii. Add weight
- f. Fixing lack of full grip
 - i. Lat stretch

**See Front Squat Assessment Checklist

Foot width is ultimately determined by where can you sit the lowest while maintaining a vertical torso

Video 11 - Olympic Lifts: Strict Press

- A. Teaching the Strict Press (0:42)
 - a. Start from the front rack position as explained above (elbows don't have to be up; they can be out and down)
 - b. Legs locked
 - c. Move chin
 - d. Lockout above ears or slightly back
 - e. Neutral spine and eyes straight ahead
 - f. Ribs down
- B. ABSOLUTES (3:48)
 - a. Neutral spine
 - b. Elbows locked out
- C. Regressions (4:23)
 - a. Wall slides
 - b. Dumbbell press
 - c. Dips
 - d. Behind the neck press



Video 12 - Olympic Lifts: Snatch Grip Deadlift

- A. Teaching the Snatch Grip Deadlift (0:45)
 - a. Finding proper hand position so it translates over to the snatch
 - i. Feet are hip width apart while gripping the bar
 - ii. Toes are slightly turned out
 - iii. Bend the knees 4-6 inches
 - iv. Maintain a vertical torso
 - v. Move the hands out to where the bar sits right in the crease of the hip
 - b. Feet hip width apart
 - c. Feet slightly turned out
 - d. Knees track with first two toes
 - e. Shoulders will be above the hips in the start position
 - f. Knee is slightly in front of the elbow in the start position
 - g. Elbows turned out to allow for the bar to stay close to you
 - h. Apply pressure by pushing the feet through the floor
 - i. Neutral spine and eyes straight ahead
- B. ABSOLUTES (7:17)
 - a. Elbows out
 - b. Neutral spine
 - c. Bar is close
 - d. Knees track with first two toes
- C. Regressions (7:39)
 - a. Fixing lack of mobility
 - i. Snatch grip RDL with slow eccentrics and pausing at the bottom taking deep breaths
 - ii. Progressive range of motion
 - 1. Start at the knees on blocks and lower to the floor as the athlete can get in a good position