



**UNIT 7:
OLYMPIC LIFT
BENEFITS AND
FIXING FLAWS**



UNIT 7 - OLYMPIC LIFT BENEFITS AND FIXING FLAWS

Video 38 - Olympic Movements: Benefits

- A. Multiple Planes of Motion
 - B. Uses Fast Twitch Muscle Fibers
 - C. Safety
 - D. Stabilizes the body as it Relates to the Spine and the Knee
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Video 39 - Olympic Movements: Benefits - Snatch

- A. Speed Strength (how fast you can move a moderately heavy weight)
 - B. Rate of Force Development
 - C. Starting Strength (how fast you can get something moving and produce power and force)
 - D. Force Absorption
 - E. Requires the Body to Learn Proper Functional Movement Patterns
 - F. Mobility
 - G. Kinesthetic Awareness
 - H. Neural Adaptations
 - I. Synchronization of Motor Units
 - J. Expression of Power
 - K. When You Might Not Want to Teach It (Cons) -
 - a. If you don't know how to coach it
 - b. Takes time to teach it especially in a group setting
 - c. Lack of mobility of an athlete
 - d. Time per week or total time you have with an athlete
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Video 40 - Fixing Flaws: Snatch

- A. Bar Goes Forward Off the Floor (0:20)
 - a. The first two inches can be controlled with a little bit of focus
 - b. Causes
 - i. Bad set up
 - 1. Knees should be in line or slightly in front of the elbow
 - 2. Chest up
 - ii. Yanking the bar off the floor
 - c. Drills (4:13)
 - i. Mac board
 - 1. Toes hang slightly off the edge of the board
 - 2. Tactile way for the athlete to know where to apply force in relation to the foot to the floor
 - 3. Immediately give the athlete feedback
 - ii. 2 inch pause (5:15)
 - 1. Break the bar 2 inches off the ground
 - 2. Feet through the floor, chest up, and squeezing the bar in
 - 3. 2-5 second isometric hold
 - 4. Can add in full snatches after the pause
 - iii. Pause at knee (7:00)
 - 1. Feet through the floor, chest up, squeezing bar in, and knees back
 - 2. 2-5 second isometric hold
 - 3. Can add in full snatches after the pause
 - iv. Tempo Pull (7:54)
 - 1. Teaches the athlete not to rip the bar off the floor and to get faster as they go
 - 2. 3-5 second count on the way up
 - 3. Can add in normal tempo snatch after the tempo snatch



- v. Partner Band Pull (9:18)
 - 1. Light band attached to the bar with partner holding the band in front
 - 2. Partner gives slight tension with the band as the athlete is trying to keep the bar close in the long first pull
- vi. Pull to Knee then Full Motion (10:42)
 - 1. Feet through the floor, chest up, squeezing bar in, and knees back
 - 2. 2-5 second isometric hold
 - 3. Bar back down to the ground
 - 4. Snatch
- d. Accessories (11:53)
 - i. Barbell Hyperextensions
 - ii. Safety Squat Bar Good Mornings
 - iii. Pull-ups
 - iv. Rows
 - 1. Bentover Barbell Rows
 - 2. Kettlebell Bat Wing Rows
 - 3. Long Arm Lat Rows
- B. Getting Behind the Bar too Soon (14:40)
 - a. The bar should never go forward of the vertical plane and getting behind the bar too soon causes horizontal displacement
 - b. Drills (16:32)
 - i. Mac Board
 - 1. Toes hang slightly off the edge of the board
 - 2. Tactile way for the athlete to know where to apply force in relation to the foot to the floor
 - 3. Immediately give the athlete feedback
 - ii. Pull to Hip plus Snatch (16:36)
 - 1. Exaggerate the first pull to the hip staying over the bar and driving with the legs
 - 2. Pause 2-5 seconds at the hip
 - 3. Back down to the ground
 - 4. Snatch



- iii. Slow First Pull to Snatch (17:49)
 - 1. Exaggerate the first pull to the hip staying over the bar, *BUT* it is nice and slow
 - 2. Back down to the ground
 - 3. Snatch
- iv. Pause at Mid Thigh plus Snatch (18:20)
 - 1. Pull to mid thigh being sure to stay over the bar
 - 2. Back down to the ground
 - 3. Snatch
- v. No Hook No Feet Snatch (19:02)
 - 1. Hard to hold on to the bar without a hook grip if it gets out in front
 - 2. Put the feet in the receiving position
- vi. No Hook No Feet No Contact Snatch (19:32)
 - 1. Benefits of the NHNF
 - 2. No contact teaches to focus on driving with the legs and forget about the hips
- c. Verbal Cues
 - i. Long legs - think about extending with the legs
 - ii. Pretend the legs are longer than they are
 - iii. Sweep the entire time
 - iv. Push the feet through the floor
 - v. Keep the chest up
 - vi. Drive with the legs
 - vii. Patient pull
- C. Very Slow Third Pull (22:48)
 - a. You will only get a certain amount of height on the bar
 - b. There is a moment in time where the bar is still in space and that is the moment to use the bar to pull the body underneath it
 - c. Timing and speed underneath is crucial to pulling under while the bar is at its peak



- d. Verbal Cues (25:30)
 - i. Open the hips and rip
 - ii. Pull under
 - iii. Rip under
 - iv. Move the feet
 - v. Lift the knees
 - e. Drills (27:36)
 - i. High blocks (27:39)
 - 1. Sit into the power position (shoulders on top of bar)
 - 2. Hip and knee extension
 - 3. Rip underneath
 - ii. Hang Snatch from hips (28:12)
 - 1. Pause in the power position
 - 2. Hip and knee extension
 - 3. Rip underneath
 - iii. Tall Snatches (28:56)
 - 1. Start with ankles slightly plantar flexed
 - 2. Lift knees and rip under the bar
 - iv. Trouble Moving the Feet (30:36)
 - 1. Short blocks (or plates) on the outside of the feet
 - a. Jump the feet out and onto the blocks
 - b. Teaches proper foot mechanics
 - f. Accessories (31:36)
 - i. Kettlebell high pulls
 - ii. Snatch high pulls
 - iii. Korean high pull
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Video 41 - Benefits: Clean

- A. Power Production
 - B. Expression of Power
 - C. Counter Movements for the Vertical (Hang Variation)
 - D. Starting Strength for Sprinting (Blocks)
 - E. Force Absorption
 - F. Kinesthetic Awareness
 - G. Rate of Force Development
 - H. Motor Unit Recruitment
 - I. Synchronization of Motor Units
 - J. Efficient Way to Train the Core
 - K. When You Might Not Want to Teach It (Cons) -
 - a. If you don't know how to coach it
 - b. Takes time to teach it especially in a large group
 - c. Run the risk of the elbow getting pinned between the wrist and knee
 - d. Lack of mobility of an athlete
 - e. Time per week or total time you have with an athlete
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Video 42 - Fixing Flaws: Clean

- A. Bar Goes Forward Off the Floor (0:25)
 - a. The first two inches can be controlled with a little bit of focus
 - b. Causes
 - i. Bad set up
 - 1. Knees should be in line or slightly in front of the elbow
 - 2. Chest up
 - ii. Yanking the bar off the floor



- c. Verbal Cues (2:05)
 - i. Feet through the floor
 - ii. Drive with the legs
 - iii. Sweep the bar back
 - iv. Clear the road
 - v. Eyes up
- d. Drills (2:28)
 - i. Mac Board
 - 1. Mac board
 - a. Toes hang slightly off the edge of the board
 - b. Tactile way for the athlete to know where to apply force in relation to the foot to the floor
 - c. Immediately give the athlete feedback
 - ii. Two inch pause (2:35)
 - 1. Break the bar 2 inches off the ground
 - 2. Feet through the floor, chest up, and squeezing the bar in
 - 3. 2-5 second isometric hold
 - 4. Can add in full cleans after the pause
 - iii. Pause at knee (3:02)
 - 1. Feet through the floor, chest up, squeezing bar in, and knees back
 - 2. 2-5 second isometric hold
 - 3. Can add in full cleans after the pause
 - iv. Tempo Pull (3:24)
 - 1. Teaches the athlete not to rip the bar off the floor and to get faster as they go
 - 2. 3-5 second count on the way up
 - 3. Can add in normal tempo clean after the tempo clean
 - v. Pull to the knee, then full motion (4:16)
 - 1. Feet through the floor, chest up, squeezing bar in, and knees back
 - 2. 2-5 second isometric hold
 - 3. Bar back down to the ground
 - 4. Clean



vi. Partner Band Pull (4:34)

1. Light band attached to the bar with partner holding the band in front
2. Partner gives slight tension with the band as the athlete is trying to keep the bar close in the long first pull

vii. Accessories (11:53)

1. Barbell Hyperextensions
2. Good Mornings (SSB, Cambered Bar)
3. Pull-ups
4. Band pull aparts/face pulls
5. Rows
 - a. Bentover Barbell Rows
 - b. Kettlebell Bat Wing Rows

B. Getting Behind the Bar too Soon (7:09)

- a. The bar should never go forward of the vertical plane and getting behind the bar too soon causes horizontal displacement
- b. Verbal Cues (7:52)
 - i. Feet flat through the floor
 - ii. Push with the legs
 - iii. Stay with the legs
 - iv. Squeeze the bar in
 - v. Clear the road
 - vi. Stay over the bar
 - vii. Long legs
 - viii. Sweep the entire time
 - ix. Weight through the whole foot
 - x. Chest up
 - xi. Drive with the legs
 - xii. Patient pull



c. Drills (9:46)

i. Mac Board

1. Mac board

- a. Toes hang slightly off the edge of the board
- b. Tactile way for the athlete to know where to apply force in relation to the foot to the floor
- c. Immediately give the athlete feedback

ii. Pull to Hip plus Clean (10:49)

1. Exaggerate the first pull to the hip staying over the bar and driving with the legs
2. Pause 2-5 seconds at the hip
3. Back down to the ground
4. Clean

iii. Slow First Pull to Clean (11:39)

1. Exaggerate the first pull to the hip staying over the bar, BUT it is nice and slow
2. Back down to the ground
3. Clean

iv. Pause at Mid Thigh plus Clean (12:12)

1. Pull to mid thigh being sure to stay over the bar
2. Back down to the ground
3. Clean

v. No Hook No Feet Clean (13:02)

1. Hard to hold on to the bar without a hook grip if it gets out in front
2. Put the feet in the receiving position

vi. No Hook No Feet No Contact Clean (13:25)

1. Benefits of the NHNF
2. No contact teaches to focus on driving with the legs and forget about the hips



- C. Very Slow Third Pull (14:23)
 - a. You will only get a certain amount of height on the bar
 - b. There is a moment in time where the bar is still in space and that is the moment to use the bar to pull the body underneath it
 - c. Timing and speed underneath is crucial to pulling under while the bar is at its peak
 - d. Verbal Cues (15:23)
 - i. Open the hips and rip
 - ii. Pull under
 - iii. Rip under
 - iv. Move the feet
 - v. Lift the knees
 - e. Drills (16:23)
 - i. High blocks (16:24)
 - 1. Sit into the power position (shoulders on top of bar)
 - 2. Hip and knee extension
 - 3. Rip underneath
 - ii. Hang Clean from hips (17:04)
 - 1. Pause in the power position
 - 2. Hip and knee extension
 - 3. Rip underneath
 - iii. Tall Cleans (17:22)
 - 1. Start with ankles slightly plantar flexed
 - 2. Lift knees and rip under the bar
 - iv. Trouble Moving the Feet (17:42)
 - 1. Short blocks (or plates) on the outside of the feet
 - a. Jump the feet out and onto the blocks
 - b. Teaches proper foot mechanics
 - f. Accessories (18:21)
 - i. Kettlebell high pulls
 - ii. Snatch high pulls
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Video 43 - Benefits: Jerk

- A. Power Production
 - B. Force Absorption
 - C. Mobility
 - D. Kinesthetic Awareness
 - E. Neural Adaptations
 - F. Rate of Force Development
 - G. Motor Unit Recruitment
 - H. Synchronization of Motor Units
 - I. Efficient Way to Train the Core
 - J. When You Might Not Want to Teach It (Cons) -
 - a. If you don't know how to coach it
 - b. Takes time to teach it especially in a large group
 - c. Lack of mobility of an athlete
 - d. Time per week or total time you have with an athlete
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Video 44 - Fixing Flaws: Jerk

- A. Bad Footwork (0:16)
 - a. Good Technique (0:39)
 - i. Front knee bent
 - ii. Back knee bent but stable
 - iii. Both feet straight ahead
 - iv. Wide base for feet
 - v. Hips directly under shoulders
 - vi. Neutral spine
 - vii. Barbell overhead is directly over the ears or slightly back
 - b. Finding the Jerk Position (1:32)
 - i. Half kneeling stance
 - ii. Front foot and back foot is straight
 - iii. Stand up



- c. Verbal Cues (2:10)
 - i. Quick feet
 - ii. Same time
 - iii. Back foot down
- d. Drills (3:42)
 - i. Split clean from blocks (3:50)
 - 1. Back foot should be close to the back of the platform
 - 2. Provides immediate feedback
 - ii. McCauley X Drill (4:28)
 - 1. Place an X either with chalk or tape on the floor
 - 2. Back foot's heel sits right in front of the X
 - 3. Hands on hips and do a dip and drive
 - 4. Back foot should land on the X
 - iii. Jerk Steps from Split (5:00)
 - 1. Start with the bar in the front rack position
 - 2. Start from a slight split position
 - 3. Dip, drive, and step forward
 - iv. Behind the Neck Press (5:43)
 - 1. Bar on the back
 - 2. Full split position
 - v. Hands on Hip Drill (6:15)
 - 1. Hands on hips
 - 2. Practice doing the split
 - 3. Make sure landing perfectly each time
- B. Forward Dip (6:29)
 - a. Verbal Cues (7:32)
 - i. Straight down
 - ii. Get back
 - iii. Trust the position
 - iv. Heels
 - v. Whole foot
 - vi. Relax the hands
 - vii. Quiet



- b. Drills (8:17)
 - i. Pause at Dip (8:17)
 - 1. Dip and pause 2-3 seconds
 - 2. Push with the legs to drive out of the dip
 - ii. Jerk Dip Squats (8:20)
 - 1. Heavy
 - 2. Stabilizing the core
 - 3. Overloading the movement
 - 4. Toes are slightly turned out
 - 5. Straight down and up
- c. Accessories (9:23)
 - i. Heavy carries
 - ii. Safety squat bar good mornings
 - iii. Barbell hyperextensions
 - iv. Heavy jerk dip squats
- C. Short Drive Up (10:15)
 - a. Verbal Cues (10:52)
 - i. Get tall
 - ii. Get vertical
 - iii. Big drive
 - b. Drills (11:19)
 - i. Push Press (11:21)
 - 1. All drive up
 - 2. Dip and drive, finishing nice and tall
 - ii. Power Jerk (11:31)
 - 1. Teaches a good dip and drive
 - 2. Don't have to think about the split
 - iii. Drawing Lines (11:46)
 - 1. Keeps the feet within parameters
 - 2. Subconsciously, will shoot for the lines



D. Driving Forward (12:28)

a. Verbal Cues (13:21)

- i. Quiet arms
- ii. Drive up
- iii. Drive vertical
- iv. Straight up and down
- v. Weight on the heels
- vi. Keep elbows fixed

b. Drills (13:53)

i. Pause in the Catch (13:54)

1. Perform the split
2. Pause in the split
3. Learn to drive up

ii. Power/Push Jerk (14:05)

1. Teaches a good dip and drive
2. Don't have to think about the split

iii. Behind the Neck Jerk with Pause in Catch (14:25)

1. Better bar path
2. Trains where the bar should be overhead