TEACHING PROGRESSIONS for the OLYMPIC LIFTS for TRACK and FIELD

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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

70.0 kg
Category – 56
Age 15

START 1st PULL 2nd PULL DROP RECEIVING and SQUAT

Muscles tight
Back flat
Shoulders above the bar
Feet hip width apart
Toe tips under the bar
Arms straight

no rising of the buttocks
(Parallel back shift)
Knees move backwards
Back flat
Arms straight

explosive hip and knee extension
full body extension, shrug
Arms remain straight
reaching maximum velocity (V max.)

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

immediately contact to the ground
active break of the falling bar
Feet shoulder width apart
Stable squat position, muscles tight,
Elbows locked

Bar moves behind the vertical line
(from start)
do not move around the knees
(1st pull)
no bar swing during 2nd pull

V max.

Path of the bar

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 2\textsuperscript{nd} and 3\textsuperscript{rd} pull)
   • Below the knee (1\textsuperscript{st}, 2\textsuperscript{nd}, and 3\textsuperscript{rd} pull)

7. Power Snatch (Floor – 1\textsuperscript{st}, 2\textsuperscript{nd}, and 3\textsuperscript{rd} 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
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 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

START
1st PULL
2nd PULL
DROP
RECEIVING and SQUAT

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 (1st pull)
no bar swing

V max.
Path of the bar
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/2\textsuperscript{nd} and 3\textsuperscript{rd} 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/1\textsuperscript{st}, 2\textsuperscript{nd}, and 3\textsuperscript{rd} Pulls) – The knees will be the biggest challenge
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)
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

170.0 kgs
Category 85

START
DIP
DRIVE
DROP
RECEIVING and SPLIT

Muscles tight
Shoulders support the bar
Elbows slightly down

Knees bend forward
Upper body upright
Elbows maintain controlled downward movement

explosive hip and knee Extension
Drive upright reaching the maximum velocity (V max)

Fast under the bar
Loss of ground contact (jump)
Feet move flat above ground
active arm press

immediately ground contact
Active braking the falling bar
Bar, shoulder and hip on a vertical line
Front knee above front foot
rear leg slightly bend, but solid

Path of the bar
Dip: straight downward
Drive: straight upward
reaching a point above head, slightly behind

Klaus Bartonietz  Ph D
Günter Renner  Coach
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
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)
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
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
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
Figure 2. Note the difference in body angles in low-bar, high-bar and front squats.
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 exergy 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)
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

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

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https://youtu.be/IS-gKhtpUI0