

Olympic Lifting Progressions:

Practical and Simple Teaching Solutions for All Athletes

Wil Fleming and Ryan Ketchum

Do this....

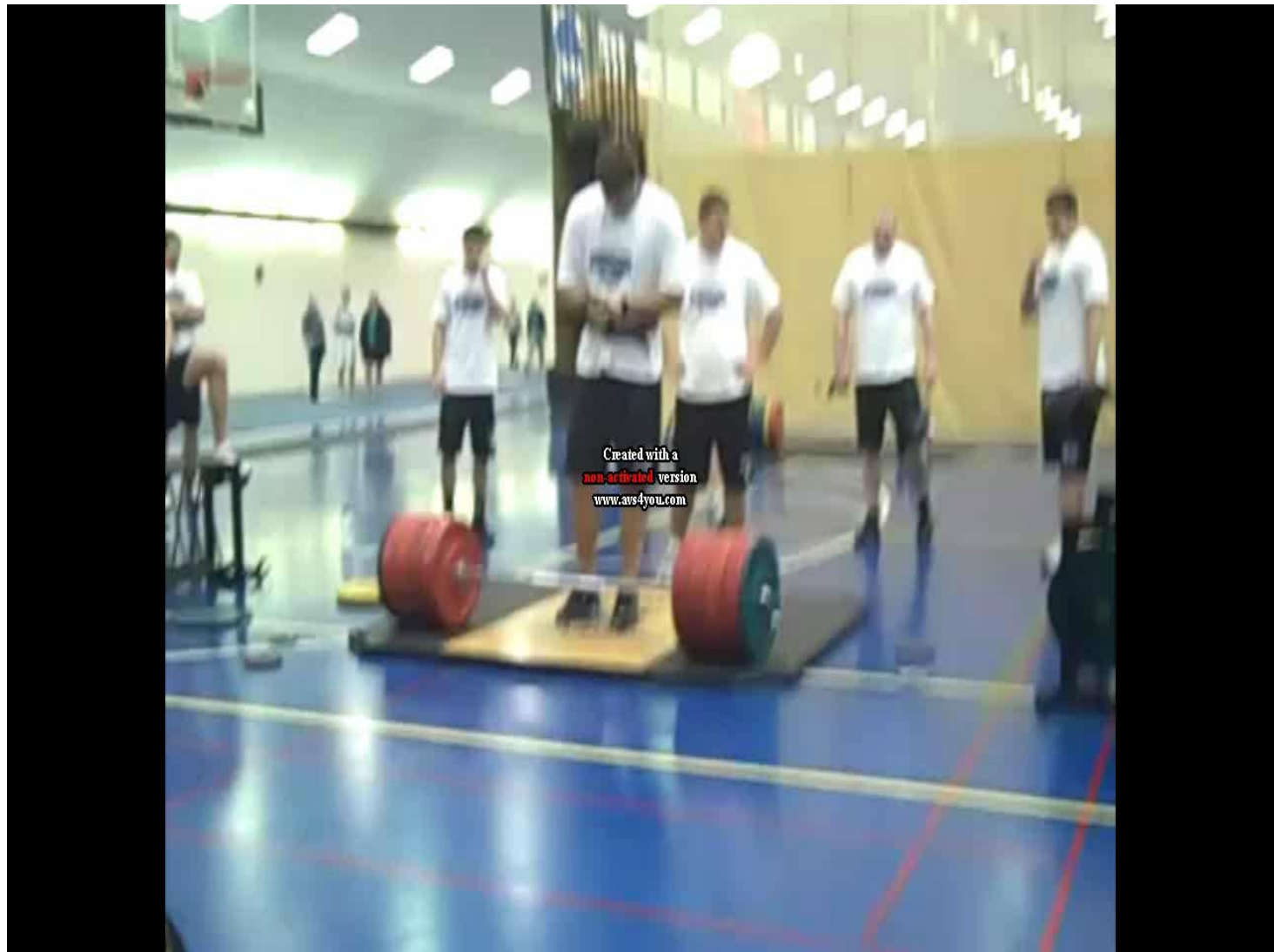


Could there be a worse way to teach a young athlete?

Very Typical

- Yet this is what we will see in 90% of all High School and Middle School situations
- Coaches “Demonstrate” and then send the athlete about there business.
- This isn’t how we teach any other advanced subject matter: and that is what Oly Lifts are.

And we end up with this.....



But maybe not with this much weight!!

Objections

- “Teaching Olympic Lifts takes too much time. “
- “Too Complex”
- “My athlete’s don’t need it”
- “Its Dangerous”

“Takes too much time”

- When taught the right way Olympic lifts can be performed well in a matter of a few sessions.
- The coach needs to decide when to advance an athlete to the next level.
- What is needed is a specific, simple and repeatable way to teach.

“Too Complex”

- The foundations of Olympic Lifting are extremely simple.
- They are movement patterns that most athletes are familiar with.
- If not familiar with them they are easy to teach.
- The basic tenets of these lifts are easy for most all athletes.

“It’s Dangerous”

- When properly taught and supervised very little is dangerous.
- EVEN THIS.

Created with a
non-activated version
www.avi4you.com

failblog.org

“My athletes don’t need it”

Really?

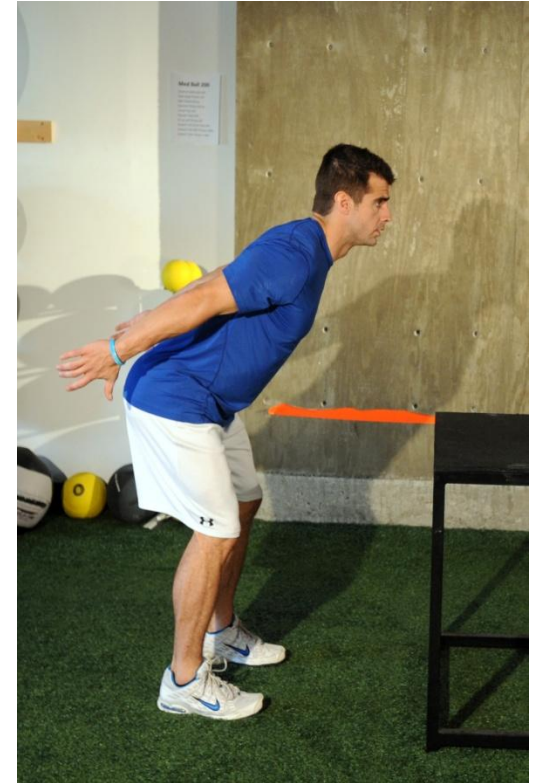
A Practical and Simple Teaching Method

Disclaimer

- We teach from the hang position.
- More natural for athletes
- We are not coaching Olympic Lifters
- We are coaching athletes
- Focus on qualities that are associated, that will make an athlete successful
- Our emphasis is on the ability to make an aggressive pull on the bar.
- Think about the bar travelling in the straightest path possible and all the concepts will flow better.

The Start Position

- Chest in front of the bar
- Hips Back
- Knees Back
- Heels in the ground
- Head Up
- Jumping Position



Similar Positions?
You Bet!

Level 1- “Start to Stand”

- Athlete in start position
- Move bar up the legs to standing
- Hip action is focused on forward/back
- Not so much up and down
- Drill this into the athlete in the first session
- Super simple but necessary to start here and avoid problems later



Level 2- “Just Jump”

- This is where we turn on the light switch
- Take the bar out of the athlete’s hands
- Have the athlete Jump
- Great time for video to show them the similarity of movements
- Now repeat with the bar.
- Coaching Point:
 - “Head on a string straight to the ceiling”

Level 3- “To Toes and Shrug”

- From start position
- Extend up onto the toes and shrug the shoulders
- Arms are still straight.
- Accelerate w/o leaving the ground
- This is closer to the real clean/snatch



Level 4- “Elbows Up and Out”

- Build upon the last part.
- Where do the Arms go?
- Arms Passive then active
- Athlete is allowing the bar to do work for them.
- The Elbows go up and out.
- The elbows do not go back.



Level 5- “The Catch”

- Finally what looks like a real clean
- Show the athlete how simple this actually is
- “Elbows up, elbows around”
- No flipping of the wrists.
- The bar travels in a straight path.
- You move “around” the bar.



Level 5 (Snatch)

- This is even easier than the clean.
- High Pull at the lower load goes much higher
- Still Passive with the arms though the pull
- Active lockout
- Athlete must “meet the bar”
- “Pull and Punch”



Trouble Shooting

- Common Problems and how to fix them
 - Athlete jumps forward
 - Athlete Jumps back
 - Athlete emphasizes “Foot Stomp”
 - The pull goes too high and “crashes” on the athlete
 - Athlete initiates the pull with their arms and not with their hips.

Thanks for your Time

- Questions?
 - Find me after or email me: wil@beforefit.com