

LEARNING TO SNATCH AND C&J

9:00 – 9:30:

Introduction and objectives

9:30 – 9:45:

General warm-up:

- Jog/ Medicine Ball/ Jump rope/ Dynamic stretching
- Arm circles, wrist circles, bwt squats, dislocates, ovhd squats w/ pvc/dowel

9:45 – 10:00:

Specific warm-up:

- Squats w/ 5 kg plate
- Squats with bar
- Muscle snatch
- Ovhd squat
- BB/DB complex

Determine width for snatch grip

Hook grip

10:00 – 11:00:

Fundamentals of teaching the power snatch

Drills (same for both lifts)

- Foot position from start to receiving position
- Jumping the feet
- Progressing into the deep squat position

Power snatch progression:

- Mid-thigh
- Knee height
- Below knee
- Floor

11:00 – 11:15:

Break/answer questions

11:15 – 12:15:

Fundamentals of teaching the power clean

Power clean progression:

- Front squat
- Mid-thigh
- Knee height
- Below knee
- Floor

12:15 – 1:30:

Break for lunch

1:30 – 3:00:

Warm-up and review

Fundamentals of teaching the snatch

Specific warm-up for the snatch:

- Snatch high pull
- Muscle snatch
- Squat to press
- Ovhd squat
- Good morning

Skill transfer exercises for learning the snatch:

- Press behind neck- snatch grip
- Ovhd squat
- Pressing snatch balance
- Heave pressing snatch balance
- Snatch balance
- Drop snatch
 - Differences between the two

The snatch:

- Start position
- Lift-off
- First pull
- Second pull/triple extension
- Moving under the bar
- Receiving position
- Finish position

3:00 – 3:15: Break/ answer questions

3:15 – 4:45

Fundamentals of teaching the C&J

C&J:

Specific warm-up for the C&J:

- Clean high pull
- Muscle snatch with clean grip
- Front squat to press
- Good morning

The Clean:

- Lift-off
- First pull
- Second pull/triple extension
- Moving under the bar
- Receiving position
- Recovery position

Skill transfer exercises for learning the jerk:

- Should be familiar with press behind neck and (military) press
- Push press behind neck- clean grip
- Power jerk behind neck
- Push press
- Power jerk
- Jerk

4:45 – 5:00:

Review and Q&A