

## Teaching Proper Weightlifting Technique

Understanding the technique of the lifts listed below.

When doing a lift, it must be done correctly to get the maximum and proper benefits. All lifts must be done with full range-of-motion to maintain athleticism. If an athlete trains with improper or poor technique and/or too much weight for his/her strength level, the results will be negative, a lack of flexibility and possible injury. Example—going too heavy in the squat for an extended period of time results in the lower back losing its arch.

For best results lift for 45 minutes to an hour. Never do more than four (4) exercises in a workout.

It is always best to under train than over train...less chance of an injury.

### THE LIFTS

Full squats-To teach the full squat, start with the athlete using his/her bodyweight on the bar, heels on a 2x4 and shoulder-width apart on the board. Squat all the way down to full in eight (8) seconds. The technique is chest out and shoulders back with an arch in the lower back. When the athlete starts going into the squat, move the hips back and bend at the waist. Keep the shins perpendicular to the floor. Be taking 8 seconds on the way down the athlete will develop functional strength.

Power cleans-Keep the lower back arched during the whole lift, tighten the "lats", legs first then extend and shrug. Never let the head go back, Shoulder-width grip.

Power snatch-wide grip and everything else the same at the power clean.

Bench press-pinch shoulder blades.

Incline press-same as the bench press.

Standing press-shoulder-width grip, tighten glutes, lock knees, and press.

Jerk-athlete should stand at attention with the cleaned weight, pressure on the heels, dip, leg drive, then drop into a split.

Dead lift-arch lower back and tighten stomach. Stay over bar.

Triceps extension-use skull crushers.

Curls-slow and strict for best results.

Lats-do rows or pull-ups

Knee extensions-use light weights and high reps, not going all the way down or all the way up, keeping steady pressure.

Leg curls-develops lower hamstrings.

Romanian dead lifts-develop glutes and hamstrings and arch in the lower back. Do 3x5 reps and hold the lift for five (5) seconds.

Planks-do sets and hold for 10 seconds. Stuart McGill.

Eccentric contractions-Once your athlete's strength has been developed, use eccentric contractions every other week. Example: In the bench press, take 70-75% of maximum and take 5 seconds to lower the bar. In the full squat, same percentage but take 7 seconds to lower.

Lift for the speed of the event. As a coach, you should determine the potential of each athlete and then set up your program to develop each athlete's strength and speed to reach his/her yearly goals.