

# SQUAT CORRECTLY

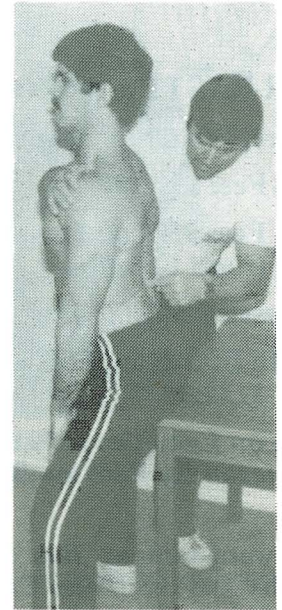
Part 2 in a Series by  
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The Power or Hit Position



A Problem Position



Correcting the Problem

## CAN ALL YOUR ATHLETES GET INTO THE CORRECT POWER POSITION!

The squat is the king of all exercises for an athlete. In part one of this series, I emphasized the importance of attaining a parallel or slightly below parallel position. Proper depth is critical in developing the hamstrings. Proper depth equals speed improvement. The next step in squatting correctly is the starting procedure.

It is a mistake to just get under the bar and start squatting. If you tell a beginner, "Just get under the bar, bend down and squat," his chances for success are quite remote. If you say, "Watch me and then you do it," the chances are better but not good for success. The most critical coaching technique for beginners on the squat is learning the athletic "hit" or "ready" position. Some might call it a linebacker stance. The knees are bent, the head is looking straight, the chest is out and the **LOWER BACK IS ARCHED WAY IN!!**. If an athlete can't get in this "ready" position, how in the world is he going to squat correctly with a weight.

The coaching techniques to get a problem athlete in the correct "ready" position are as follows:

1. Probably needs a little wider stance.
2. Force the buttocks and hips back.
3. The coach takes his finger and pushes in on the lower back.
4. Chest out.
5. Let the arms dangle straight down in front.

The above coaching techniques will work for the big majority of athletes, however a small percentage will continue to have difficulties. Take these athletes to a table and have them sit on the edge of the table. The athlete's weight should still be supported by feet with just the buttocks over the edge of the table. Now it should be easy to get in the correct position. The coach should push in on the small of the back and you can even pull back on the shoulders. At this point, the athlete should rise up about two inches. He should now be in the correct position by himself. You see, he needed to feel what the position was like. Most of these problem athletes think they are doing it right. By the way, coach, you have probably now doubled this athlete's power on a block or a tackle.

I call this position the "power position." This is the most powerful position the body can ever be in. At all times during a squat or tackle, block, rebound or shotput, this position should be fought for and, as a coach, you should expect and demand this "power position."

Next month's article will deal with correct starting procedure with the actual weight. Squatting correctly can make a huge difference in your total strength program. The entire BFS squatting technique is shown on the new video cassette — "The Core Program."