

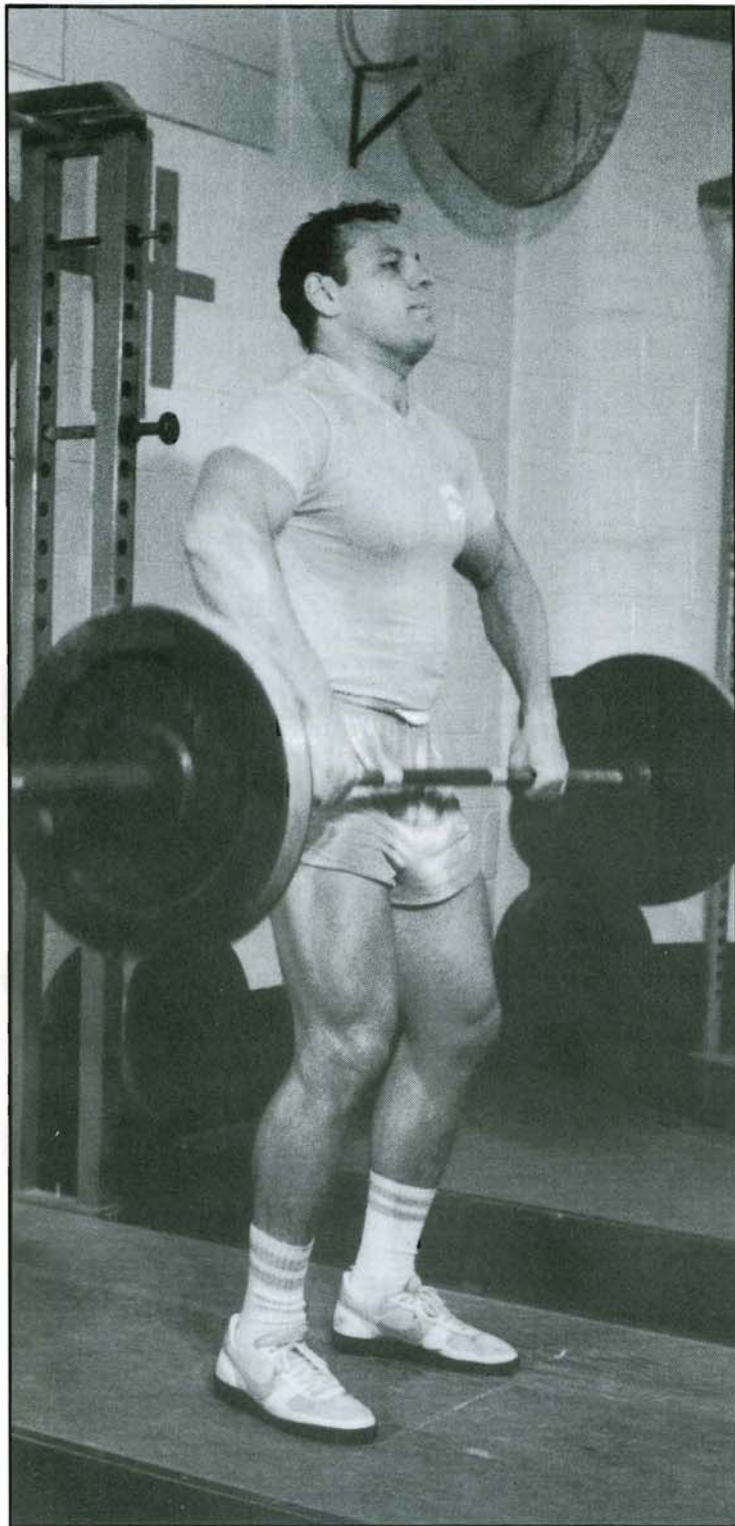
THE POWER CLEAN

Part 6
In a Series

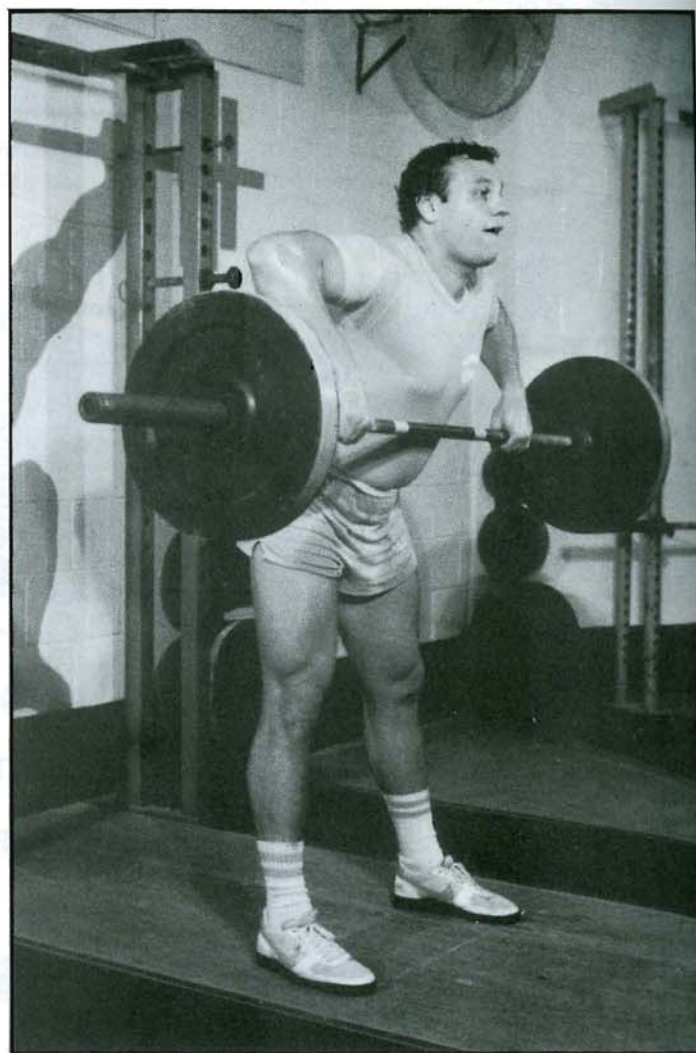
By
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Strength and Conditioning Coach
University of Tennessee

COMMON ERRORS IN THE PULL

In my last article I discussed common errors at the start of the Power Clean. This article will illustrate errors during the Pull phase of the Power Clean. I recommend that coaches experience these errors with a bar. This will help you more quickly observe these errors in the weight room and thus more readily able to correct them.

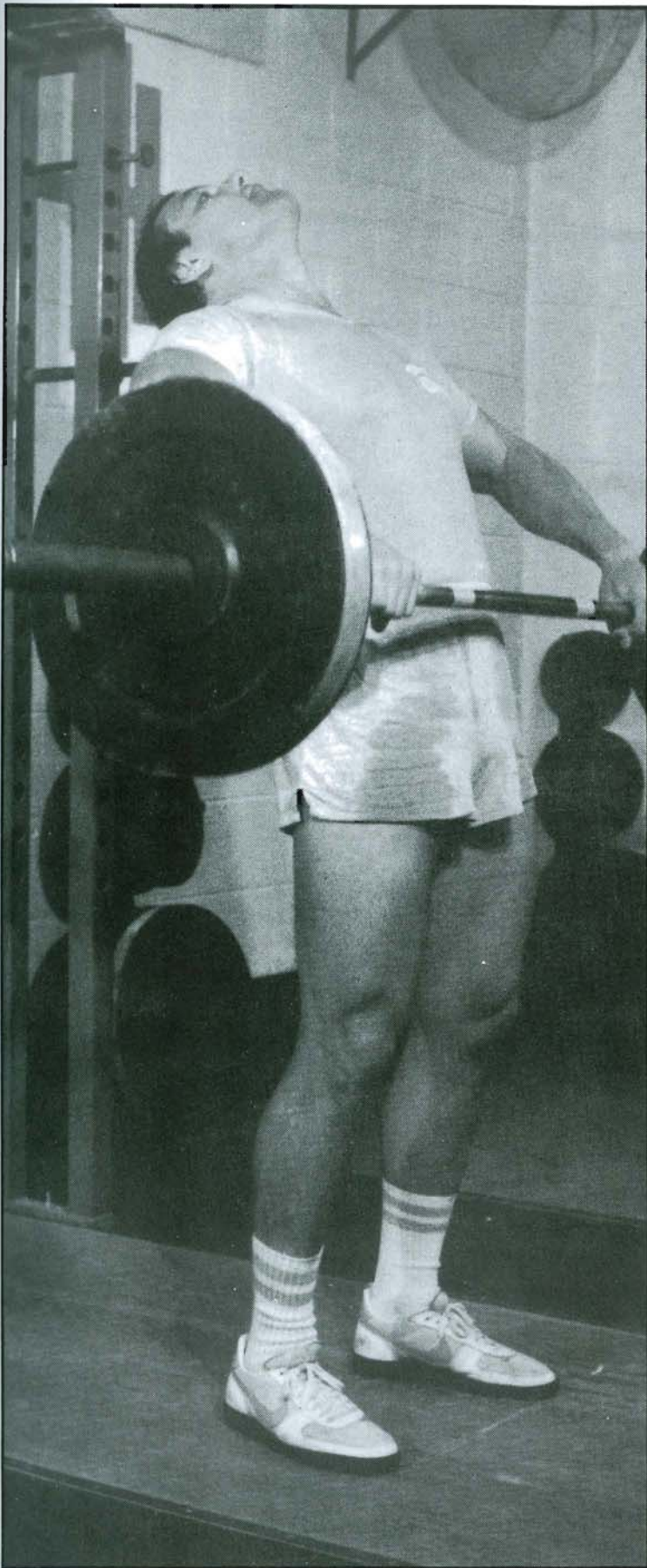


The position is good but the athlete is pulling the weight only with his arms. As you can see the legs are still bent and the feet are flat on the ground indicating that the legs are not being used.

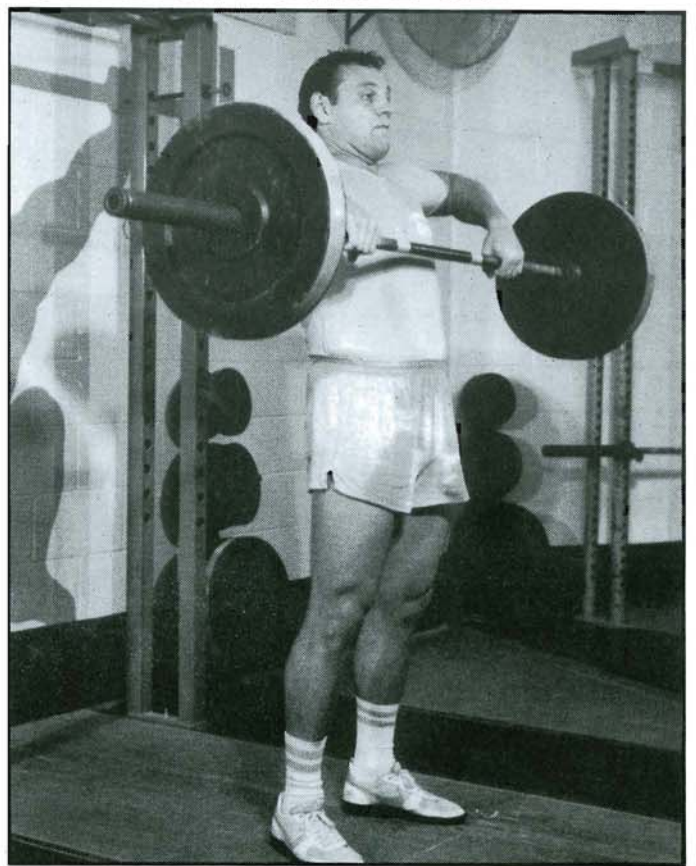


The athlete's hips are pushed back as he pulls. This is wrong. The body should be straight with the bar close to the body.

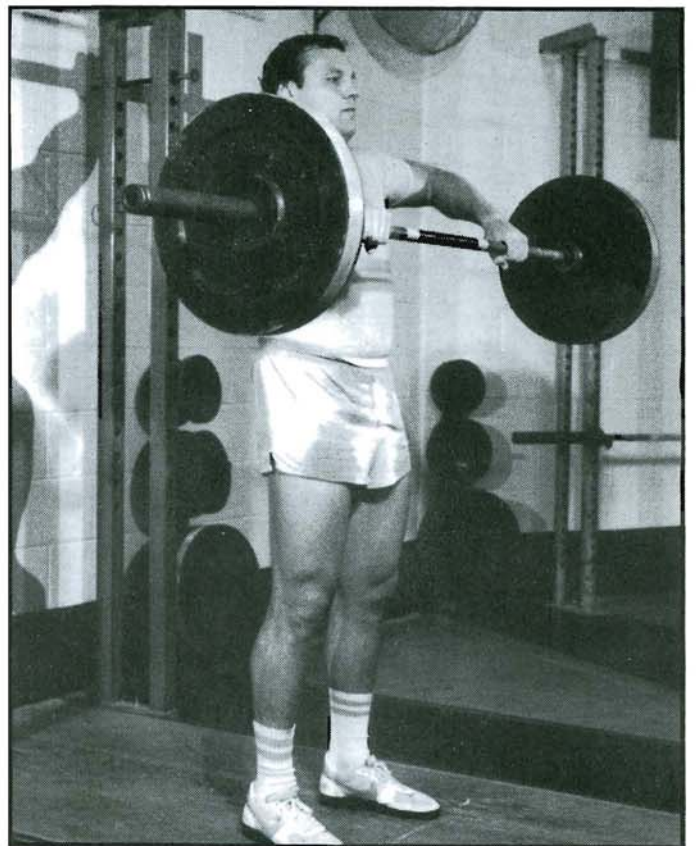
ERRORS IN THE POWER CLEAN: The Pull



The athlete's head should not be thrown back when pulling. The body and head should be straight looking forward.

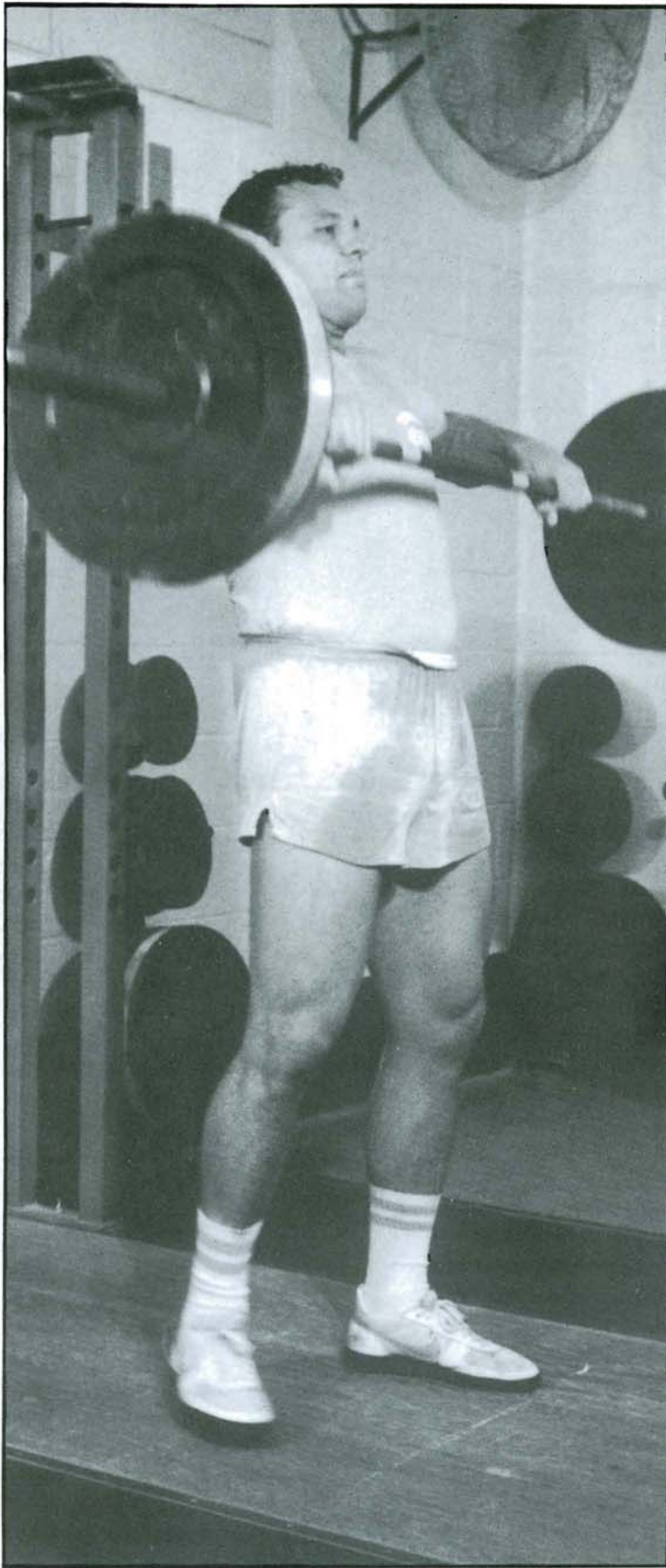


At the end of the pull the athlete should be up on his toes and not flat footed.



During the whole pull the bar should stay very close to the body. In this picture the bar is too far away from the body.

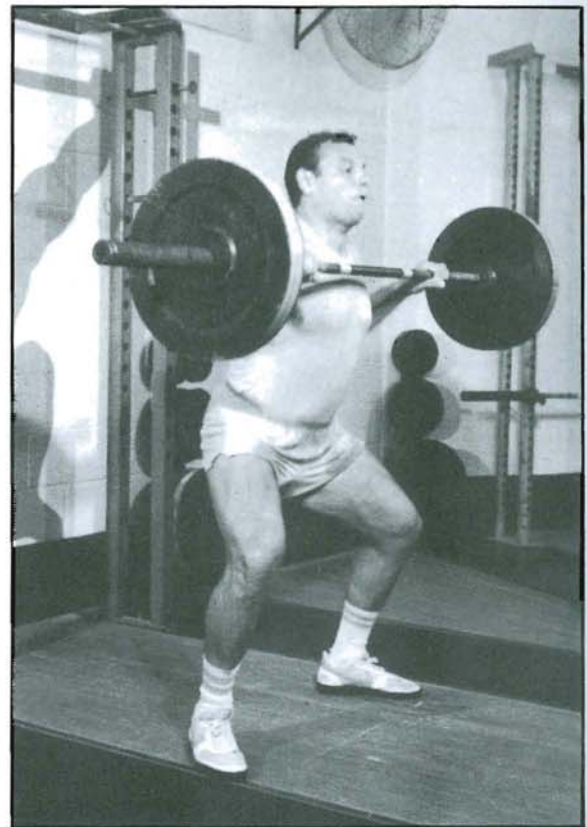
ERRORS IN THE POWER CLEAN: The Pull



Many athlete's have the tendency of stepping back at the end of the pull. This is wrong. Keep feet side-by-side.



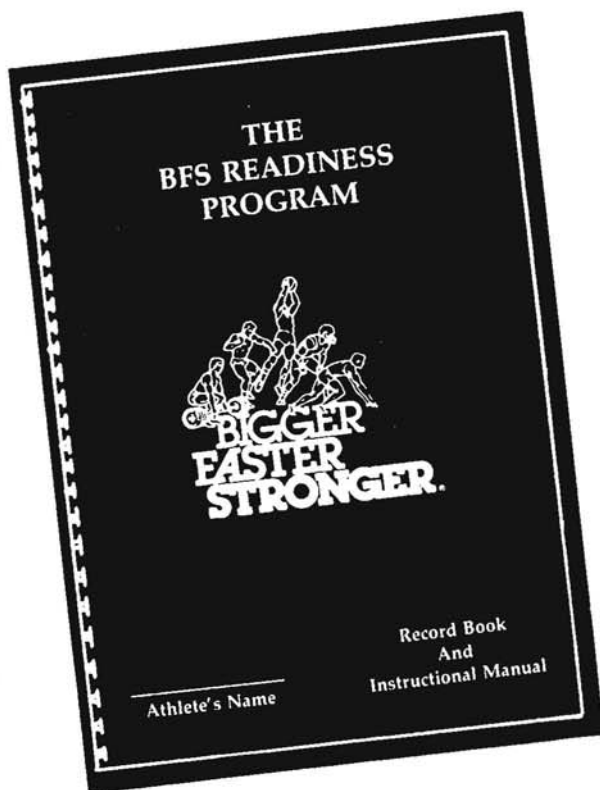
When pulling the bar the elbows should be high not down like shown in the picture.



Many athlete's have the tendency of dipping the chest to the bar. He must do the opposite. Keep the body straight and bring the bar to the chest. Do not cut the pull short.

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