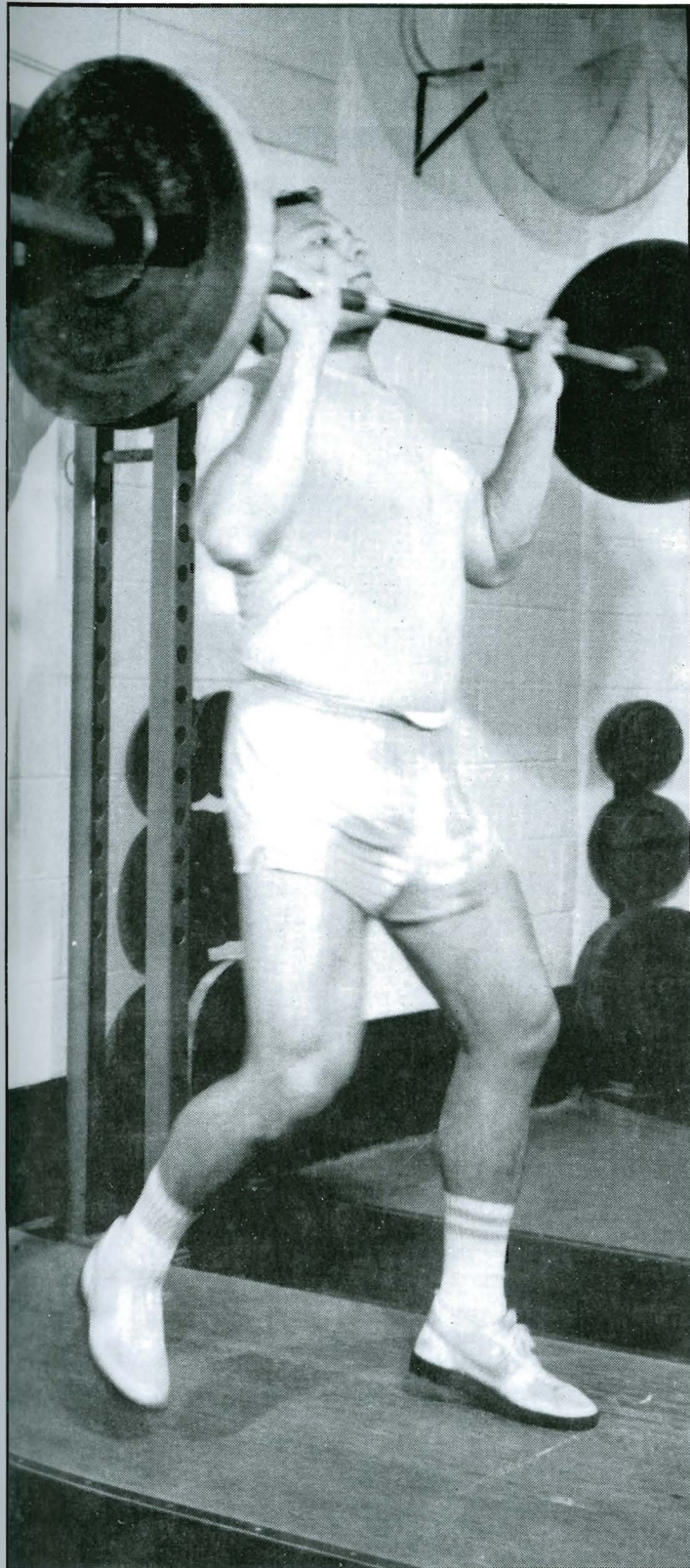


THE POWER CLEAN

Part 7
Last In
a Series



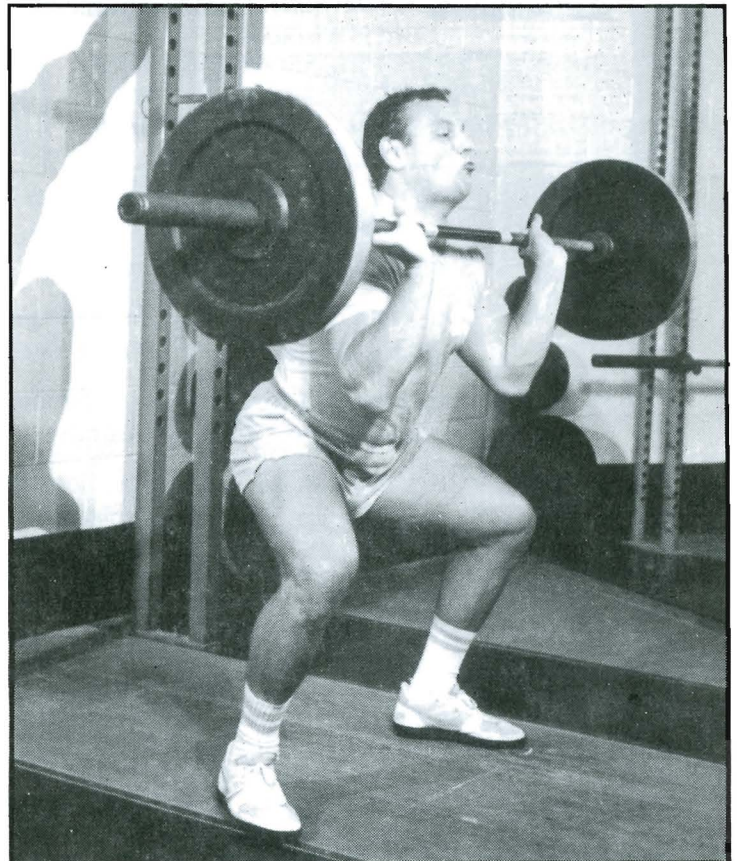
The athlete is stepping back instead of shifting the feet to the side. This makes the bar "come around" instead of straight up.

By
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Strength and Conditioning Coach
University of Tennessee

COMMON ERRORS IN THE RECOVERY

In my last two articles, I discussed common errors in the Start and the Pull phases of the Power Clean. In this, my last article, common errors in the Recovery phase will be illustrated. I recommend that coaches experience these errors with a bar. This will greatly aid in your ability to quickly discern an error in your athlete's technique. Good luck to all.

Editors Note: We wish to thank Coach Pauletto for his enlightening series on the Power Clean. He has proven to be one of the great Strength Coaches in the world today.

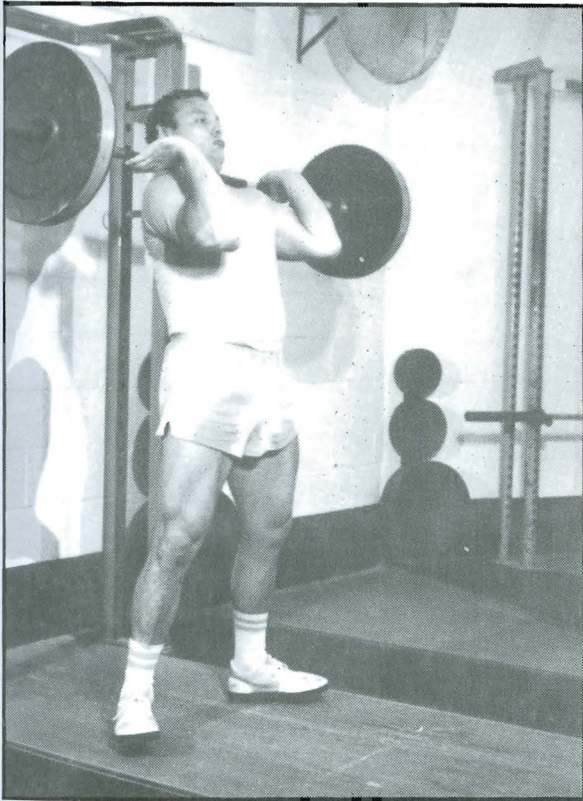


The athlete is not finishing the pull before getting under the bar. The bar is also too far forward for it to be racked properly.

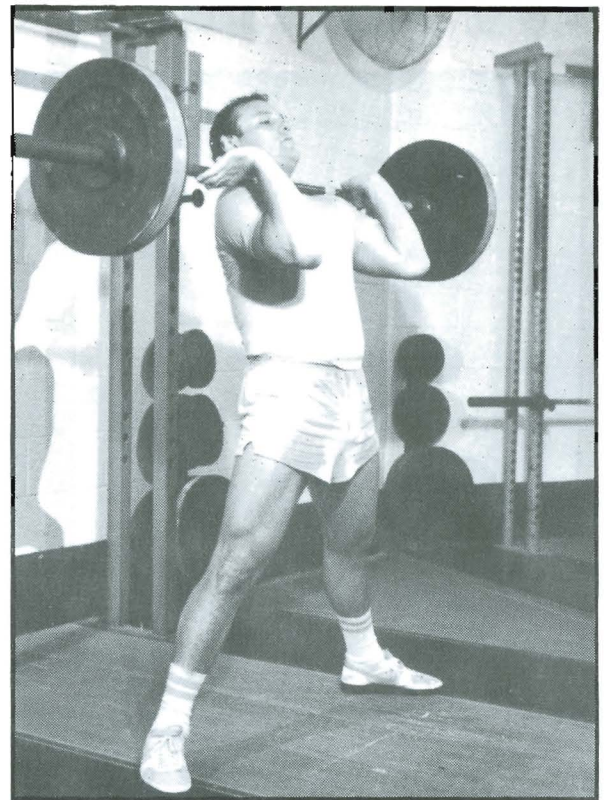
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ERRORS IN THE POWER CLEAN: The Recovery

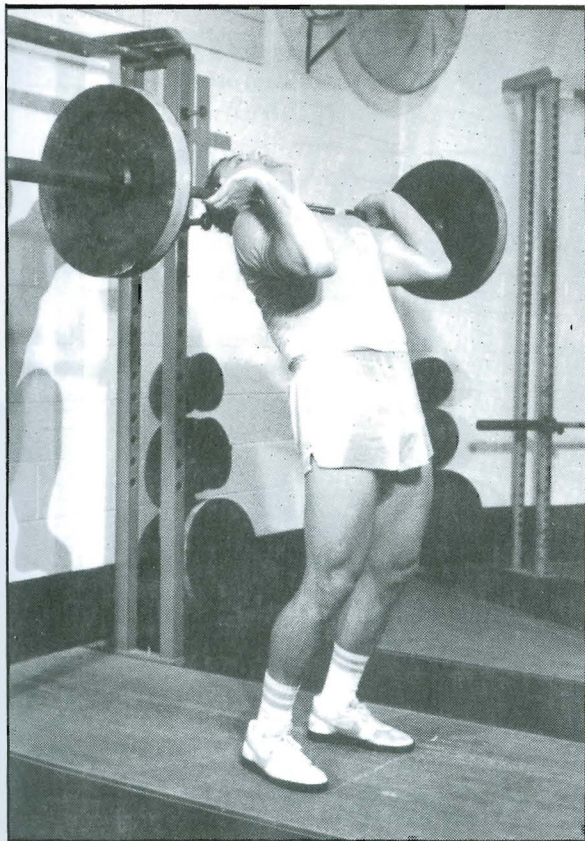
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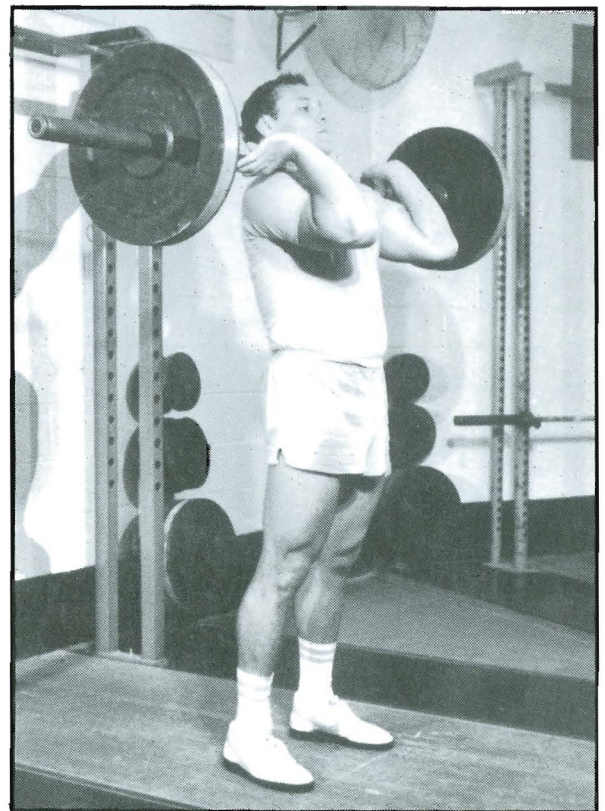
The weight is supported only on the heels. This is wrong. The feet should be flat on the ground.



The athlete has spread his legs too wide to recover the bar plus his legs are straight. His feet should be closer together and the knees should be bent.



The back is arched and the head is back. This is wrong. Body should be straight and the head up looking forward. 45

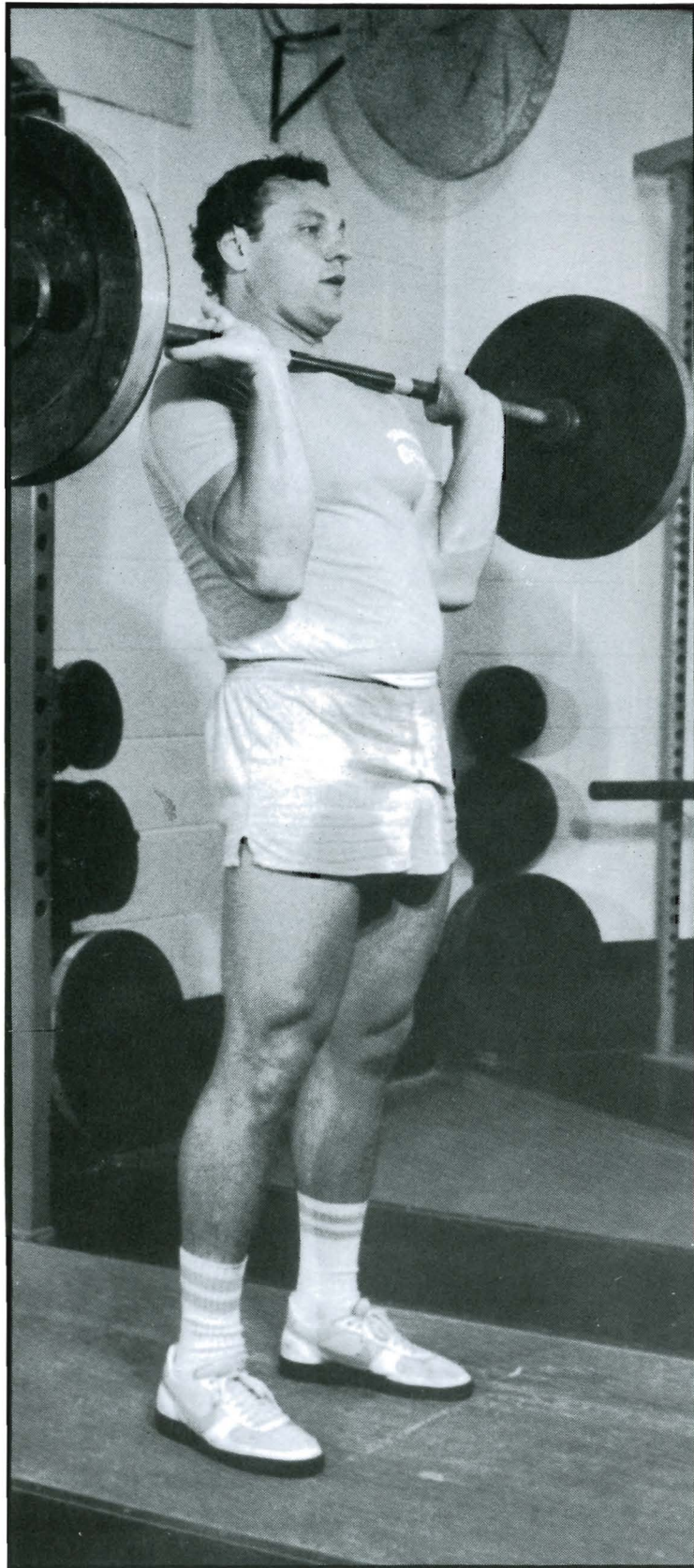


Everything in this picture is correct except the knees should be bent. Never rack the weight with straight legs. After the bar is racked, then the athlete should straighten his legs.

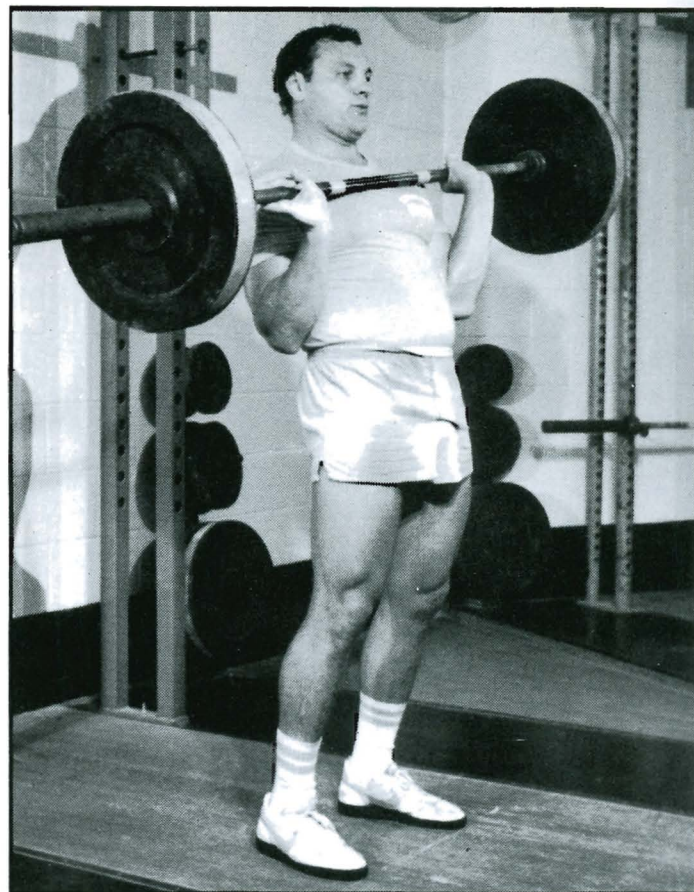
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ERRORS IN THE POWER CLEAN: The Recovery

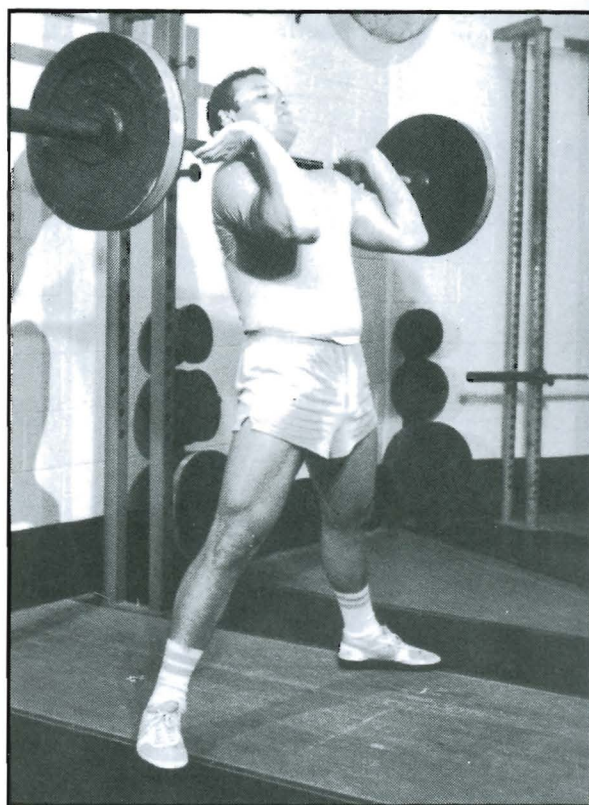
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The elbows are pointing down. They should be up pointing forward. The shoulders should be supporting the bar not the wrists.



Besides having the elbows down, the bar is unevenly racked.



The athlete has jumped back to recover the bar. This is wrong. The body should not move backward.