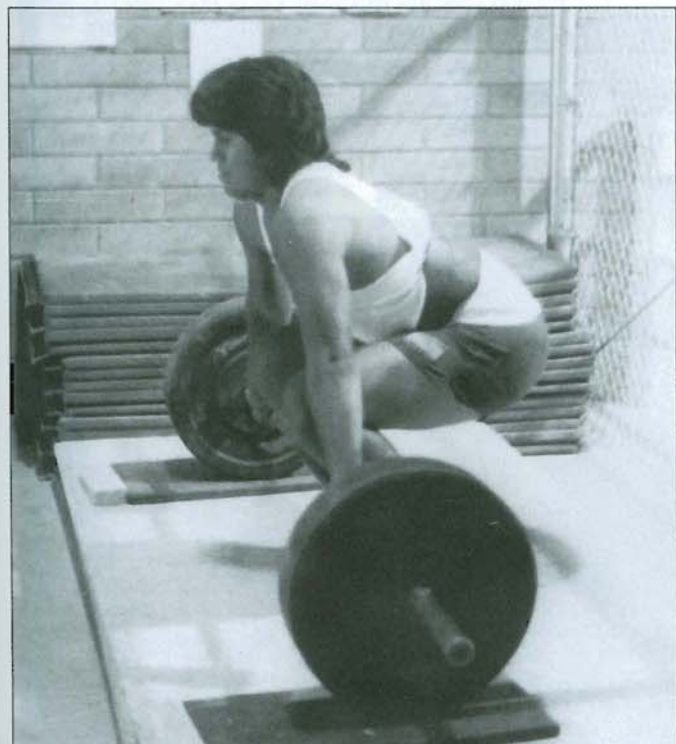


THE POWER SNATCH

By Dr. Greg Shepard and Ollie Whaley, C.S.C.S.



STEP I: The athlete assumes the starting position with a wider grip than for Cleans. This allows for greater shoulder rotation and somewhat shortens the distance the bar must travel vertically. Use of the "hook grip" technique (fingers wrapped over the thumbs) is helpful in providing a more secure grip when pulling at high speed, but is not essential. Note arms are straight.

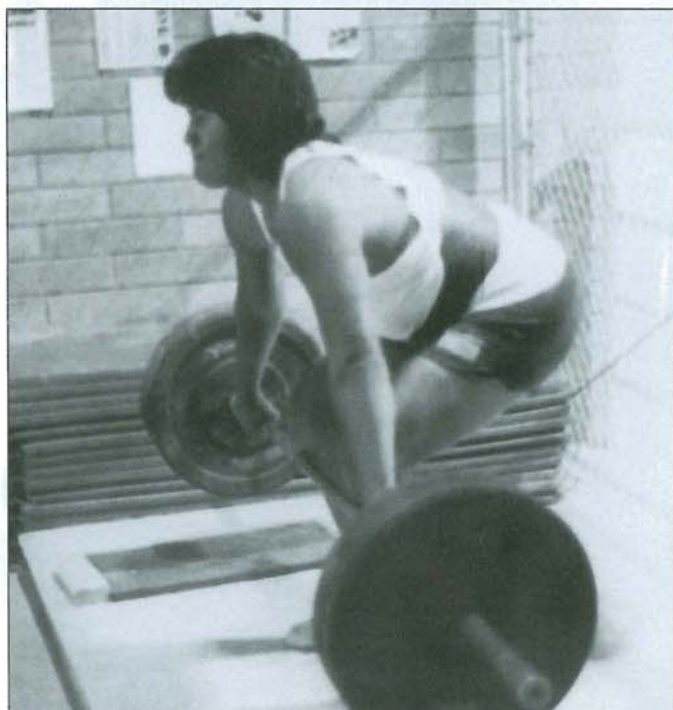


STEP II: This view shows the flat back, eyes straight ahead position as in the Clean. Notice the wider grip necessitates a lower hip position which increases the range of motion for the hip and knee joints. Feet are flat with the bar over the balls of the feet.

The Power Snatch is a very viable exercise to select either as a BFS Core Lift or an important auxiliary lift. In our last issue, Coach Ollie Whaley described how the Power Snatch could be incorporated into a BFS Core Lift on Mondays. If you as an athlete or coach decide to put it in as an Auxiliary Lift, two or three sets of five reps can produce great results. It should be noted that the Power Snatch is generally less stressful than the Power Clean.

The main difference between Olympic weightlifting exercises and other common weight training movements is that they are more complex and take a little more time to teach. However, once the coach understands and teaches sound techniques, the athlete will be able to use these exercises to optimize their athletic potential. The little extra time required is well worth the benefits for the individual athlete.

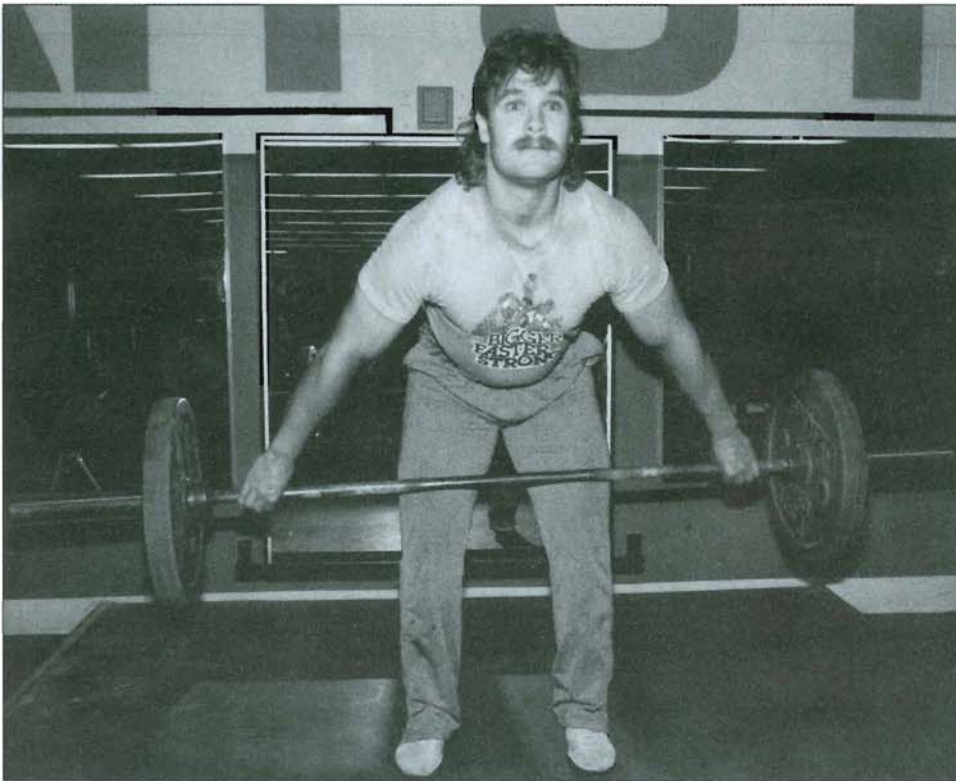
Coach Whaley and Shepard want to emphasize that high school coaches should not be intimidated by the Power Snatch. Just follow and study the technique guidelines presented in this article and you will be successful.



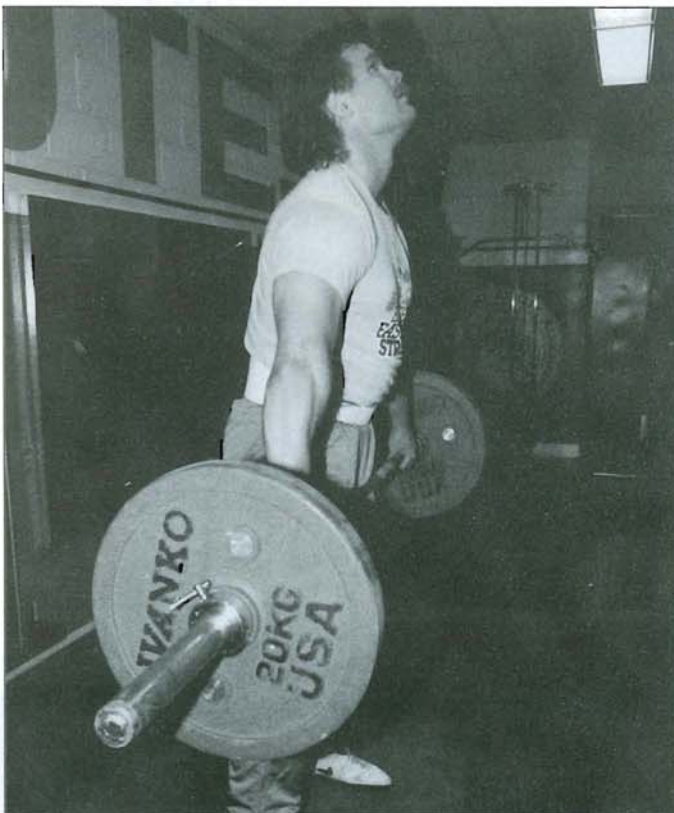
STEP III: As in the Clean, the bar leaves the floor under control. Back angle is held constant. Shins are near perpendicular to the floor as bar reaches knee height. Arms are still straight. Stretch the chin. Don't ever dip the chin towards the chest at this point. *Continued on next page*

POWER SNATCH TEACHING SEQUENCE

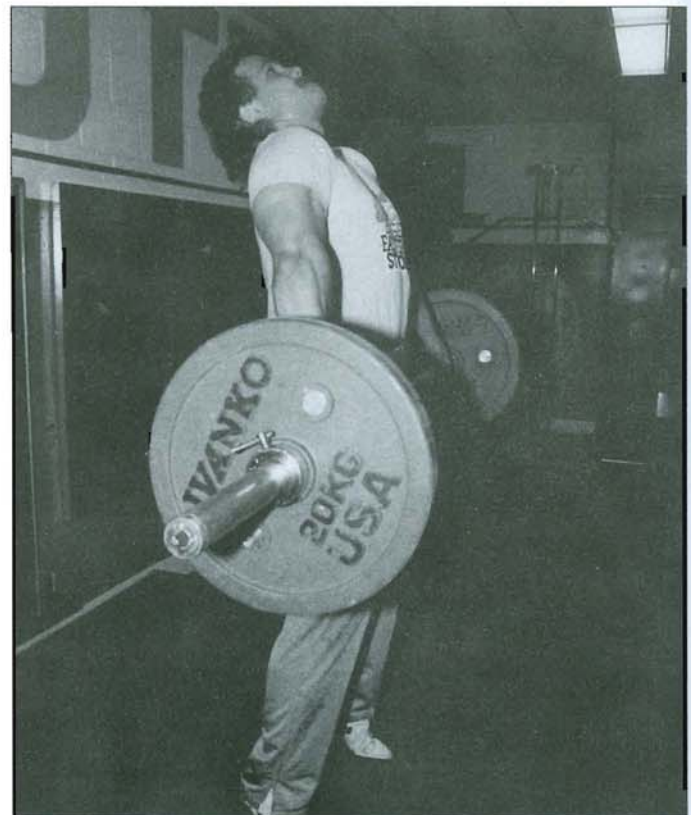
We teach the Power Snatch in a top down sequence. First find the power position shown in Step IV. Next practice the shrug and extension shown in Step V. Then shrug, extend and lead with elbows as shown in Steps VI and VII. Once this is mastered, snap overhead as in Step VIII. We have found a compound movement in which the athlete begins in the power position, shrugs, resumes power position, shrugs and leads with elbows, reset, then snaps the bar overhead to be helpful in establishing proper motor patterns with beginning athletes. Begin with the empty bar and gradually add weight as the movement becomes more comfortable. As a workable technique develops, most athletes can Power Snatch between 70-80% of their best Power Clean.



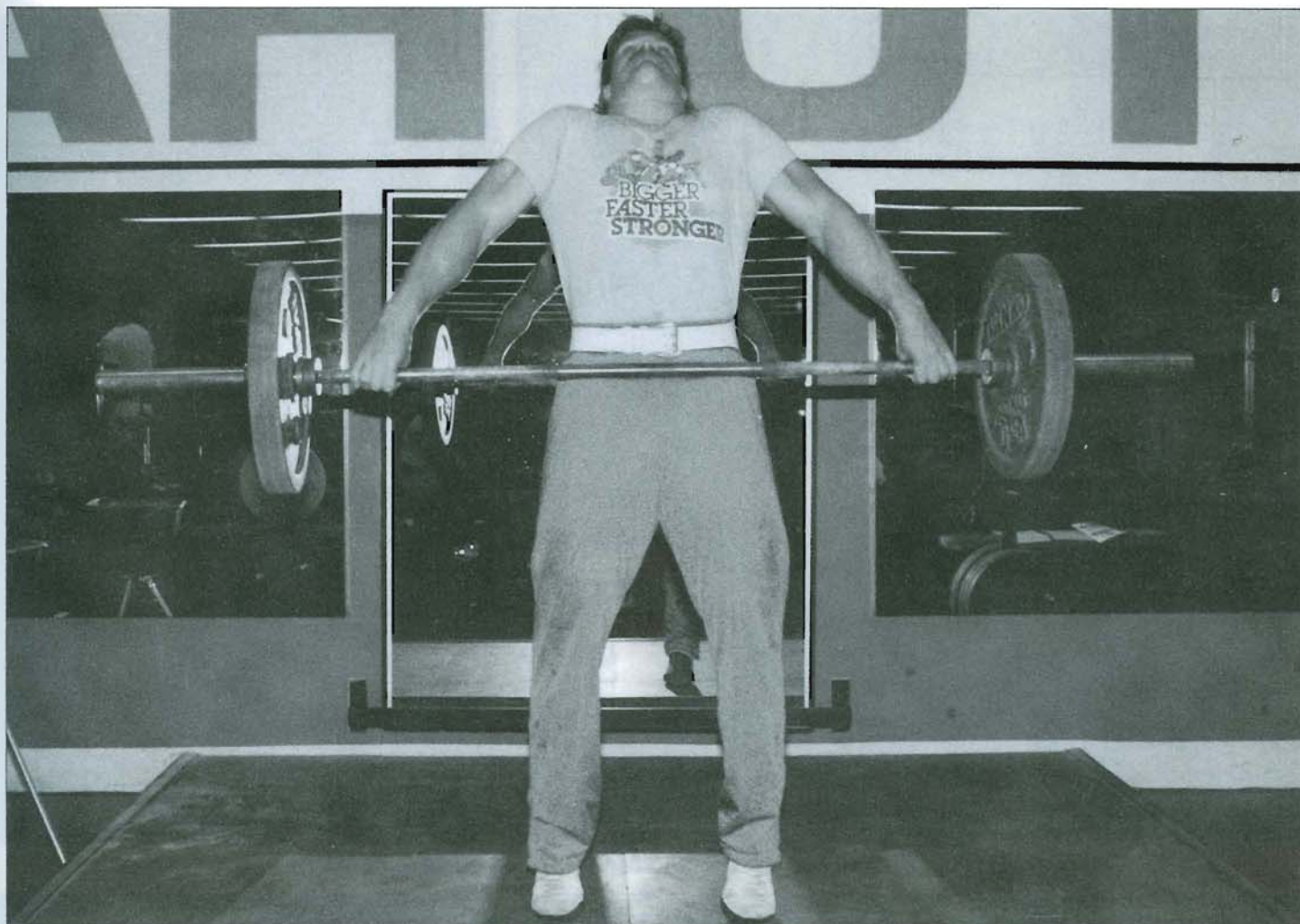
STEP IV: As the bar passes knees, the hips rotate forward. The athlete is now in the power position and ready to explode upward. This sequence is known as the scoop or double knee bend technique and is vital to correct performance of Cleans or Snatches. It is actually a plyometric movement and can greatly increase jumping ability as well as other skills which require explosive body extension. Note arms are still straight and bar is brushing the upper thighs.



STEP V: Legs now extend forcefully while shoulders shrug violently. Arms are still straight and bar is close to the body. We call this the "JUMP" phase.



STEP VI: The upward thrust causes the bar to jump upward. The athlete leads with the elbows above the bar. The bar is close to the body and traveling in a nearly straight vertical path.



Stefan showing another view of Step V and Step VI.

POWER SNATCH

Continued on next page



Award Certificates, Pack of 50 \$12.00
(In School Colors), Pack of 100 \$19.00

Send your orders to:

BIGGER FASTER STRONGER

805 West 2400 South

Salt Lake City, Utah 84119

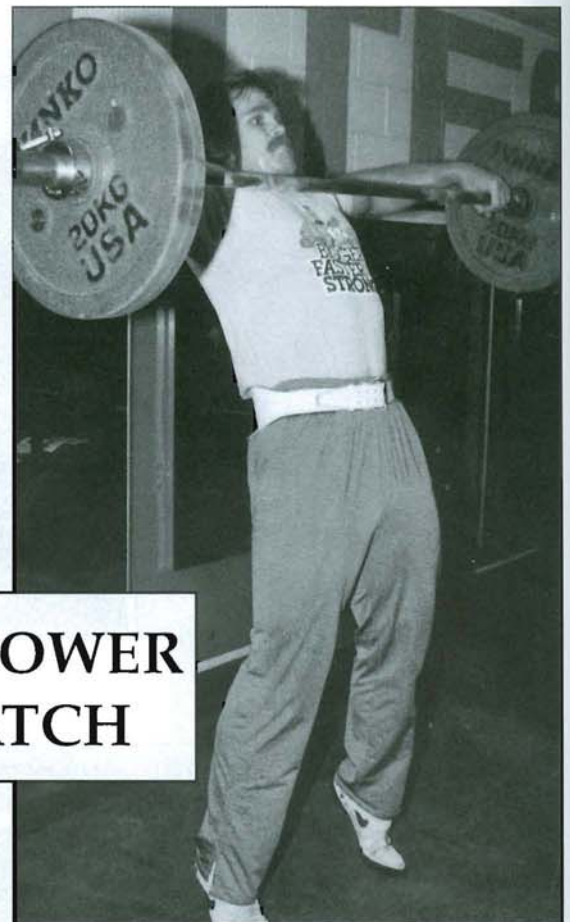
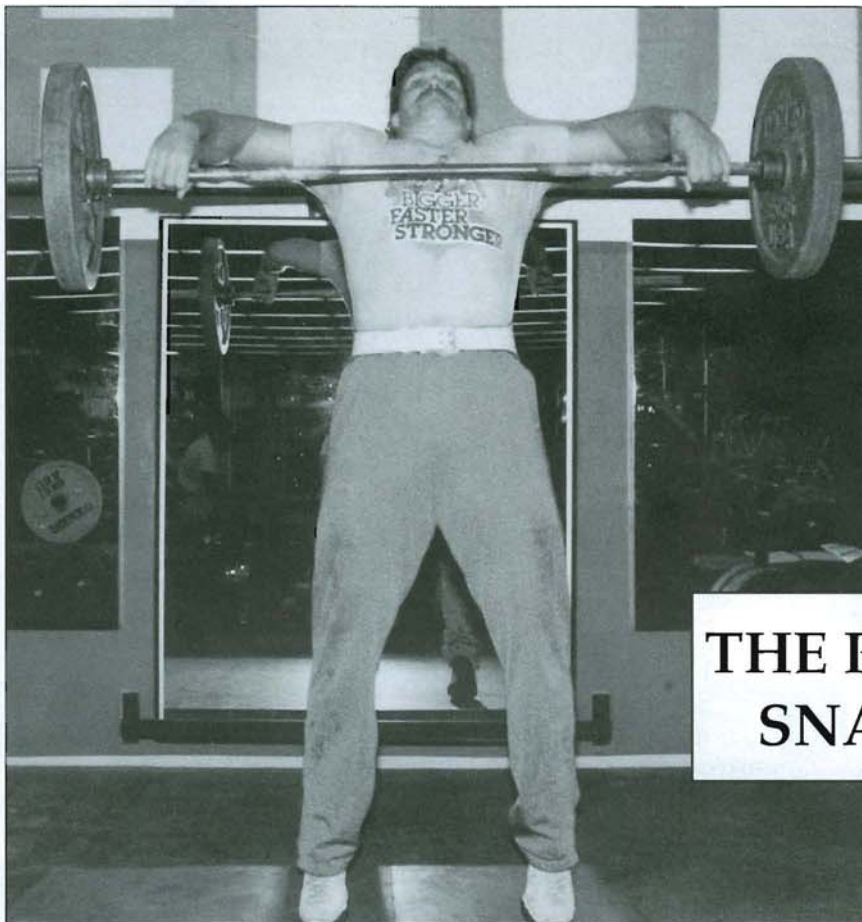
THE SPEED TRAP

Now Only
\$599.00



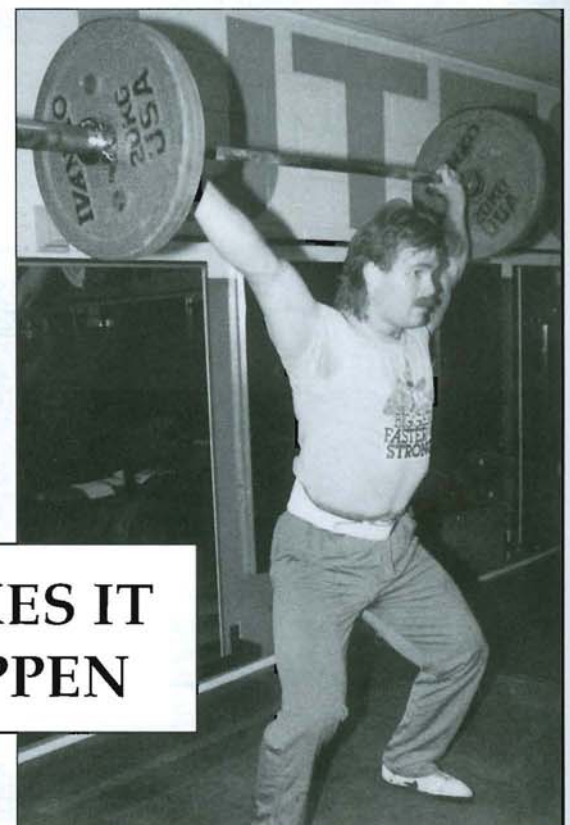
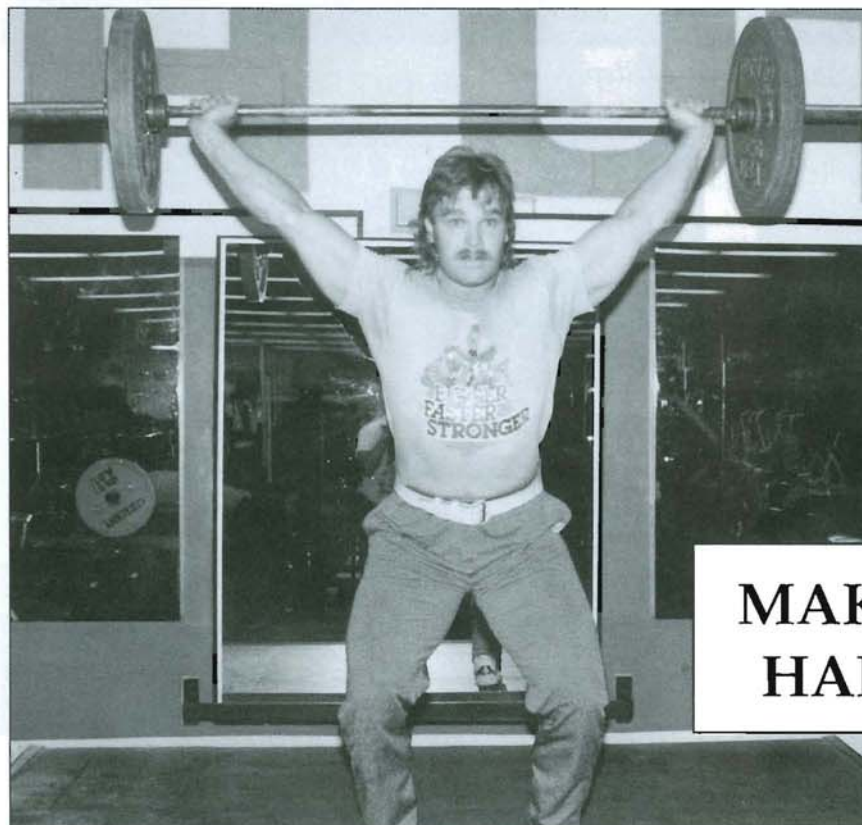
**THE
ULTIMATE
TIMING
DEVICE**

- ★ Measures Any Distance Five Yards on Up!
 - ★ Completely Portable, with Special Long-Life Batteries.
 - ★ Maintenance Free and Easy Set-Up
- To order and for info. Call Toll Free 1-800-628-9737



THE POWER SNATCH

STEP VII: Upward thrust continues, elbows are still above the bar.



MAKES IT HAPPEN

STEP VIII: Athlete snaps under the bar, shifting feet slightly outward and rebending the knees to catch the bar overhead. The athlete then locks out with the feeling of stretching the bar to hold it securely overhead. Proper grip width shows arms at approximately 45 degree angles.

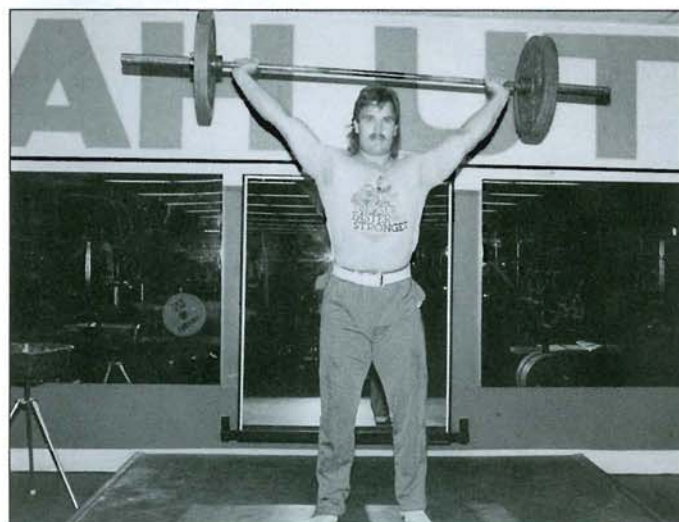
Continued on page 16

THE POWER SNATCH

Continued from page 14



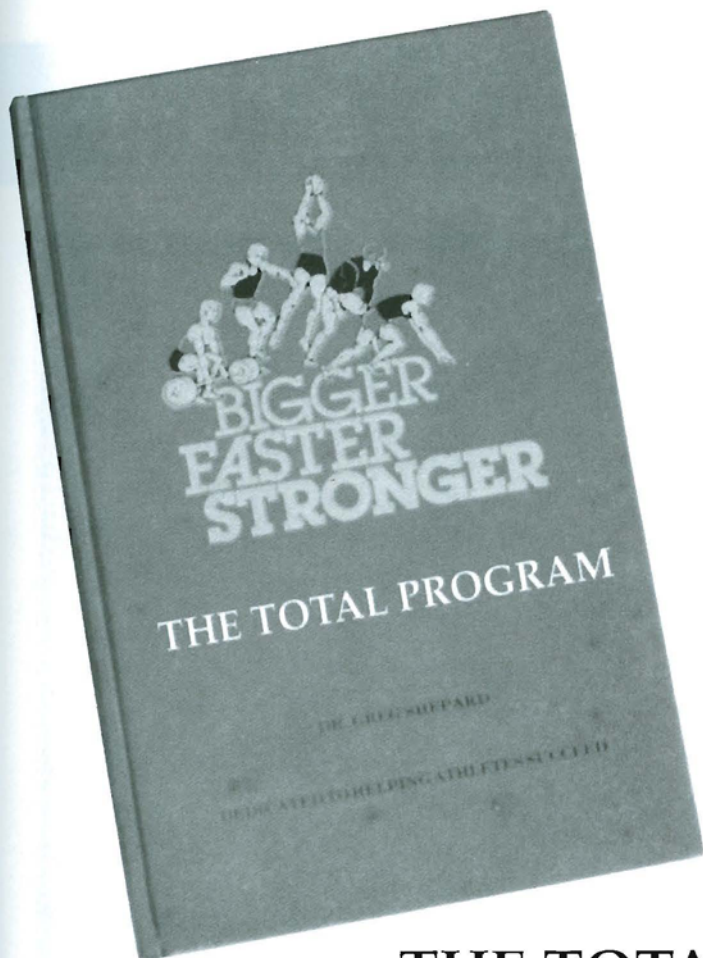
BFS Clinician Stefan Fernholm Power Snatches 335 and Power Cleans 475 pounds!



STEP IX

The
Finished
Position
Standing
Upright





BRAND NEW 1990 BOOK COST \$17.95 HARD BOUND EDITION

State-of-the-Art 21st Century Training Secrets. Now put into an Easy-to-Understand Master Total Program. Especially written for the High School Athlete and Coach.

THE TOTAL PROGRAM

STRENGTH!

EXPLOSIVENESS!

POWER!

FLEXIBILITY!

AGILITY!

PLYOMETRICS!

SPEED!



THE TOTAL PROGRAM

Also includes: All Core Lifts, Auxiliary Lifts, In-Season workout, Motivation Ideas and much more!

Call or Write:

Bigger Faster Stronger
805 West 2400 South
SLC, UT 84119
1-800-628-9737