



**Mike Woicik Dallas Cowboys Strength and Conditioning Coach**

"I believe the Power Clean and its related movements are outstanding as far as power development," stated Mike Woicik, strength coach for the Dallas Cowboys. "However, with the Power Clean I see a lot of problems. Sometimes you don't get as much jump or pull as you should. Other times an athlete will use too much back or pull with the bar too far away from the body. I'll tell you this Greg, what we are most interested in is the jump phase of the clean.

"We do a lot of Hang Cleans and catch or rack the bar in about a quarter squat position. So you might say we finish the Hang Clean in a high catch position. The real benefit is to see how high you can pull the weight.

"Greg, something unique that we do is teach the Snatch first. I love the Snatch because we can really stress the jump phase. I literally want to jump off the floor. I can remember watching big heavyweight Russian champions coming right off the floor with 500 plus on a clean. That really impressed me.

"Later on as we progress, we'll use the Snatch as a warm-up for the Hang Clean. We also do Snatch Pulls and High Pulls. Our best player on the Hang Clean is

# The DALLAS COWBOYS

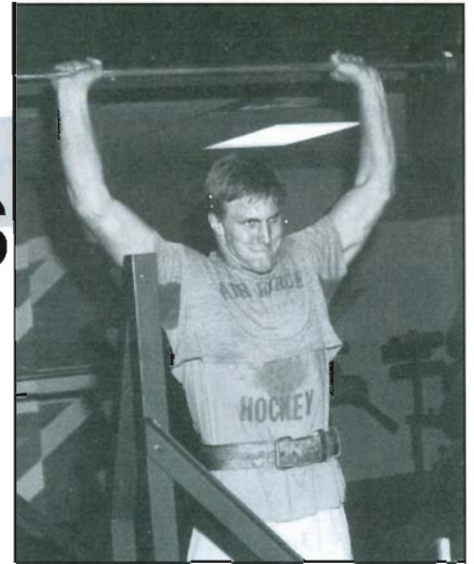
And The Power Clean

By Dr Greg Shepard

Chad Hennings who can do 385 pounds for 5 reps.

"Ninety percent of the guys I see come in don't get extension all the way. They think the rack phase is the most important. I believe the jump phase is what it's all about and to help our players understand this concept we will use video to analyze this technique.

"We have a clean workout 2X per week during the off-season and we'll do it on our leg day before legs. We do not do it with everybody. About 1/3 to 1/2 do Olympic-type lifting lifts but all do some type of explosive type of exercise. For example, some will do explosive box step-ups, set at a 90 degree angle. The box is usually 20 inches high and we never use a weight. Training during the season is tough for us. We play 24 games with older guys, so generally we do not use



**Chad Hennings: Strongest Cowboy, '87-88 Outland Trophy Winner Air Force Academy**

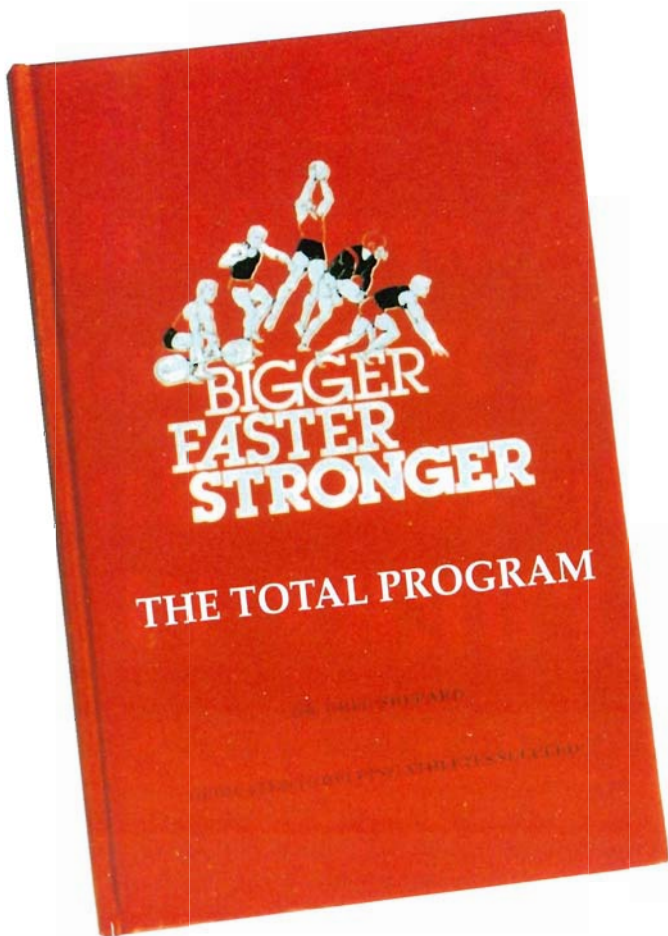
the clean during the in-season.

"I feel that if an athlete has pretty good overall strength, then the olympic type lifts are the #1 thing you can do. When an athlete can squat well, then the olympic lifts become very important. I also believe a transfer of explosive power can take place from the weight room to the football field. We don't have our players max out for one rep but do 3-5 rep maxes instead with our boxes being only 6" off the floor."

We thank Coach Woicik for his comments. He is now in his fifth year with the Cowboys and before that he was with Syracuse University for ten years.....□

"Upper-body strength is important, but success in football lies primarily in the power you get from the legs and hips. The best way to develop that type of power is with Cleans and Squats. Don't expect success to happen overnight. Work hard, be committed to your training and strive for perfect technique in everything you do"

-Chad Hennings



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