

The Power Clean

And

By Dr. Greg Shepard

"The Power Clean is one of the most important exercises we do at Florida State," said Dave Van Halanger, strength coach for the Florida State Seminoles. "It teaches you a movement you can use on the field or on the basketball court. The Power Clean breaks three power angles and strengthens each one of those three angles.

"The first angle is what we call the 'Toe to Knee Angle' and it's your first quickness burst. This corresponds to your first movement off the ball. The second angle we call the 'Calf to Butt Angle' and this is what develops your follow through. Finally, the third angle is the 'Knee to Chest Angle' which gives a total power burst to completion. In summa-

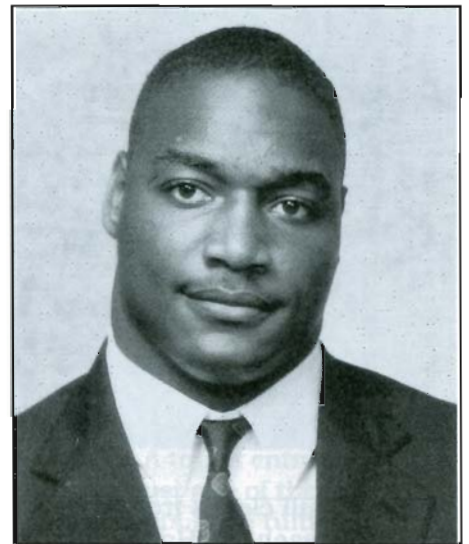


tion, it's the start follow-through and finish.

"Being taught the Power Clean like you do at BFS is key to getting the right development. Your heels have to lock down at the start and sit back. In this position all the Power Angles have a chance to work. I like to have our athletes see the letters on their chest in the mirror. This helps their beginning posi-

tion. I only want to gain momentum on the first pull; you just can't jerk the weight off the floor.

"We Power Clean twice per week during the off-season.



**Senior Outside Linebacker
Derrick Brooks**



#10 Derrick Brooks

**All-American
Touted as Possible
First Round Draft Pick
Full Squat Clean 340**

| | FR | SR |
|--------|------|---------|
| Weight | 195 | 230 |
| 40 | 4.62 | 4.41 |
| V.J. | 31" | 37-1/2" |



Photo: Ross Obley

These are full cleans from the floor. We teach the Hang Clean the first week but from then on we do the full clean. About 50% of our athletes do a full squat clean while the other 50% rack



**Florida Strength Coach
Dave Van Halanger**

the weight with only a short dip. During the in-season we clean once per week. However, our red shirt players and freshmen will clean twice per week in-season.

"Do we ever go for maxes? Sure, three times a year we do a one rep max. I don't believe it poses any danger if it's taught well. Right now we have 19 guys who clean over 300 pounds from the floor and we have not had one injury in 5 years of doing them.

"Each year the high schools keep getting better at teaching the Power Clean. This year we have two true freshman, Daryl Bush and Rodney Williams, who both clean 370 pounds. When they came to us they could already clean a little over 300 pounds. They have a goal of reaching 400 by next fall and they just might get it.".....□

**#90 Derrick Alexander
All-American D.E. 315
Pound Power Clean**

| | FR | SR |
|---------------|----------------|------------|
| Weight | 240 | 282 |
| 40 | 5.25 | 4.9 |
| V.J. | 28-1/2" | 32" |

Editor's Note: Coach Van Halanger is one of the premier strength coaches in the college ranks. He has coached many All-Americans and most recently Heisman Trophy Winner Charlie Ward. We thank Coach Van Halanger for his Upper Limit Accomplishments

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< Update Athlete's Scores >
East High School

| ID Number | 3 | | | Robert Ziminsky | | | Grade 9 | | |
|-----------------|-------|---------------|------|-----------------|----------|----------------|----------|--|--|
| | | -Most Recent- | | -Previous Try- | | -Previous Try- | | | |
| | | 1 Rep | Date | 1 Rep | Date | 1 Rep | Date | | |
| Lifts | Max | | | Max | | Max | | | |
| Squat | 325 | 18/15/91 | | 358 | 18/01/91 | 288 | 09/15/90 | | |
| Bench | 325 | 18/15/91 | | 358 | 18/01/91 | 288 | 09/15/90 | | |
| Dead Lift | 325 | 18/15/91 | | 358 | 18/01/91 | 288 | 09/15/90 | | |
| Clean | 325 | 18/15/91 | | 358 | 18/01/91 | 288 | 09/15/90 | | |
| Speed & Agility | | Score | Date | Score | Date | Score | Date | | |
| 20 Yard | 2.3 | 01/15/92 | | 2.8 | 12/01/91 | 3.8 | 01/15/91 | | |
| 40 Yard | 4.3 | 01/15/92 | | 4.8 | 12/01/91 | 4.8 | 01/15/91 | | |
| Dot Drill | 58 | 01/15/92 | | 45 | 12/01/91 | 78 | 01/15/91 | | |
| Vert Jump | 28 | 01/15/92 | | 38 | 12/01/91 | 31 | 01/15/91 | | |
| Long Jump | 7'10" | 01/15/92 | | 8'8" | | | | | |
| Sit & Reach | 3" | 01/15/92 | | 1" | | | | | |

Ctrl+Enter=Save changes
Escape=Return without Saving

"...Since I knew nothing about computers I was doubtful that this system would benefit my program.

I want to say now, running the Athletic Achievement Computer System is like driving a Rolls Royce Compared to an Edsel.

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Coach Frank Negri
Foothill High School
Sacramento, CA

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