

The Utah Jazz Power Cleans

We have done the Power Clean with the Utah Jazz since 1982 with our developmental players. We have also done a variety of other variations such as Hang Cleans, Cleans from boxes and Power Snatches. Since the athletes pictured are our own athletes, I will make a few comments on technique.



**1983 Mark Eaton
Utah Jazz Center**

Mark Eaton:

Head and eyes are okay but the knees look like they are pinched in too much. Now from this point the hips should go back more, the elbows should whip forward, the bar should come to rest on the fingertips and shoulders.

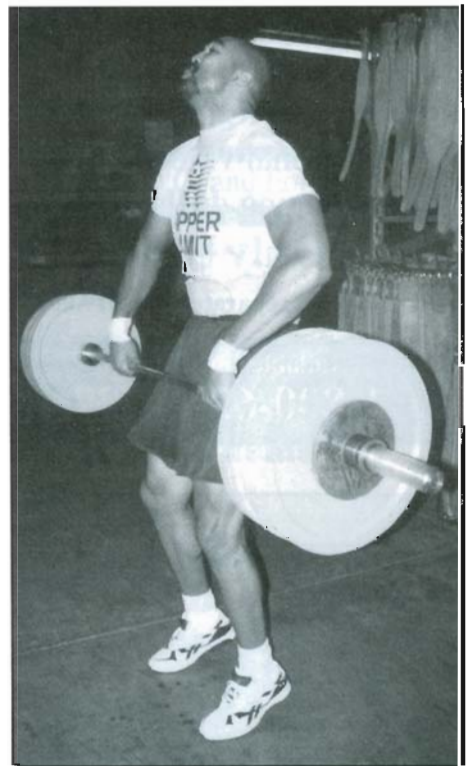
Felton Spencer:

In the lower right photo, the head and eyes are okay but I

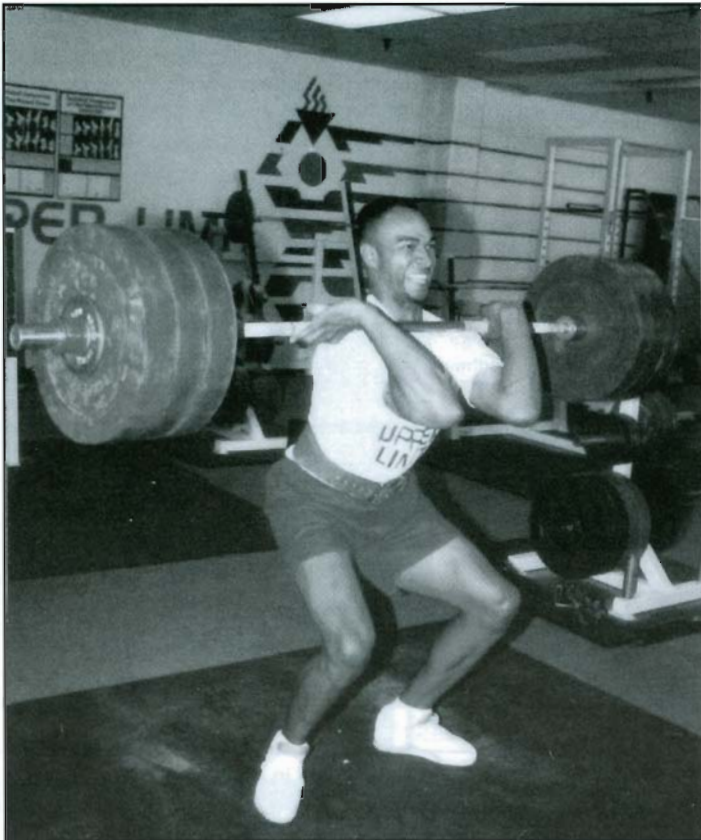
don't like the elbows and knees at all. At this point the knees should be locking out and the elbows should be straight. However, I do like the bar position in relation to how close it is to his body. I also like how his wrists are rolled slightly forward. In his lower photo, to complete the lift he would have to bring the elbows



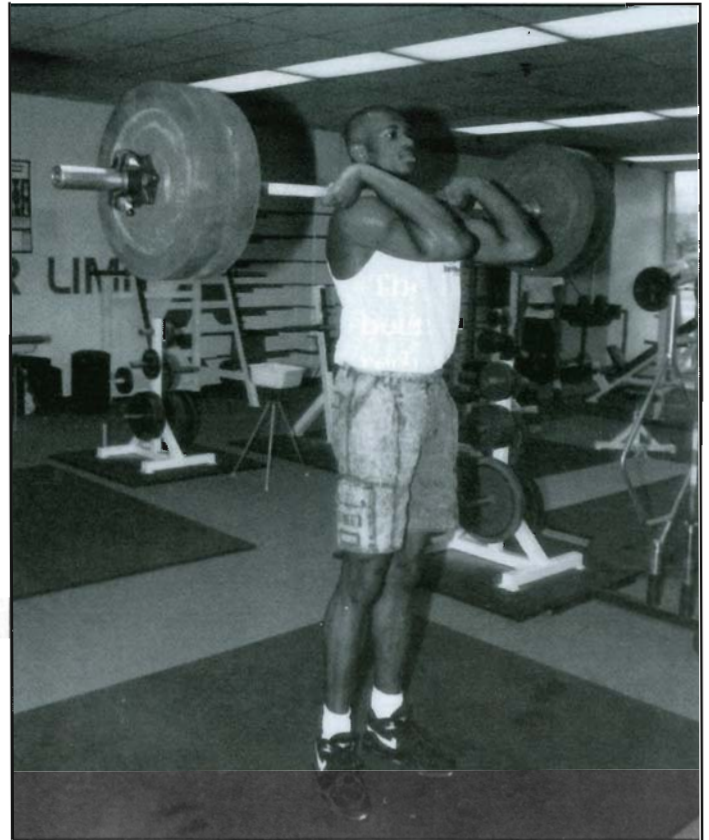
**1994 Felton Spencer
Utah jazz Center**



**Felton Had His Best
Season Ever After Doing
Power Cleans**



1990 Blue Edwards Ex-Utah Jazz Forward Cleaned 300 Pounds. Blue Is Now With The Milwaukee Bucks



Current Jazz Forward David Benoit With Excellent Power Clean Form

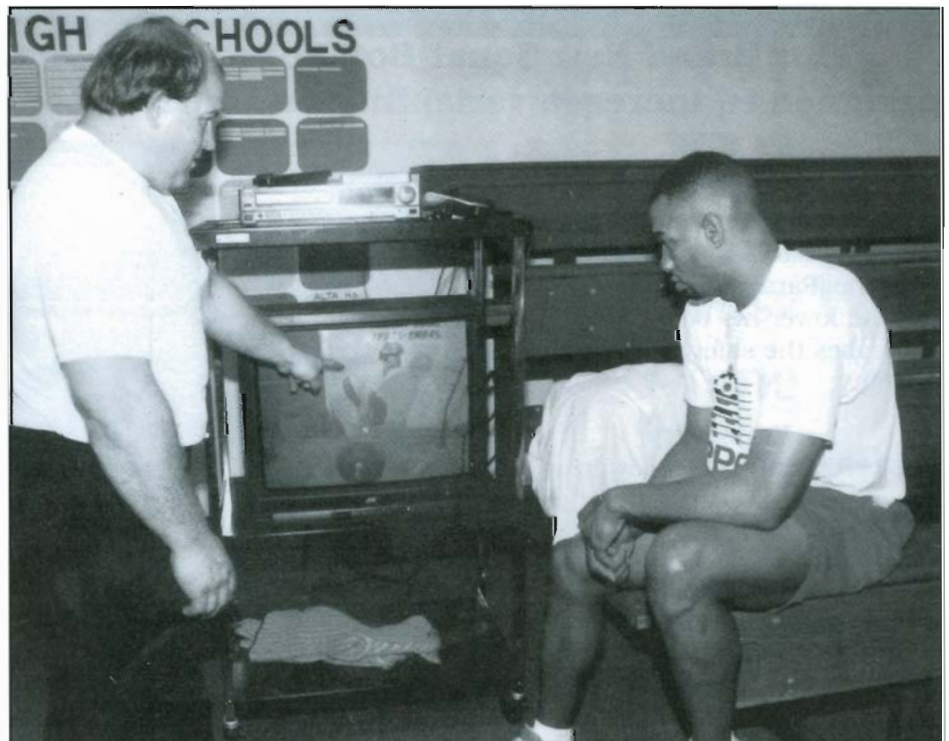
much higher and rest the weight on the deltoids (shoulders). The first time Felton had really done Power Cleans was when he came to the Jazz last summer. With our developmental players, we try to clean at least once per week during the season.

Blue Edwards:

Blue looks good for the most part but the thing I don't like is his feet. I like to rack the bar in a player's toughest rebounding stance. Blue isn't perfect on this lift but his lower back, elbows and bar position on his delts are excellent. We have found that it really pays to look at video of yourself as well as other athletes, like Stefan.

David Benoit:

David's head, eyes, bar position and elbows are all excellent.



Upper Limit Coach J.L. Coon Analyzing Form With Blue

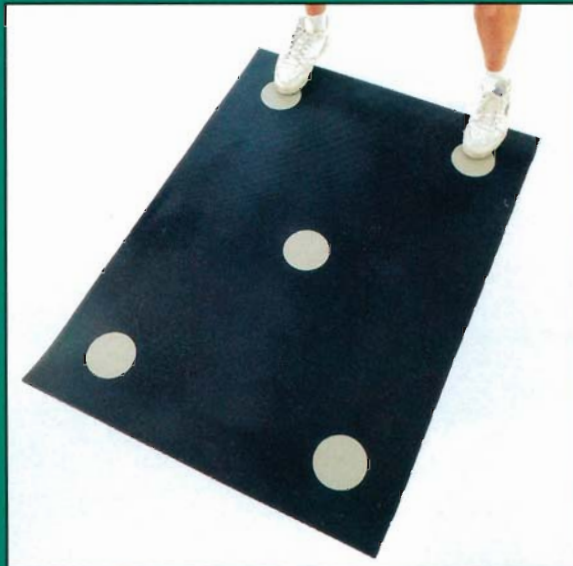
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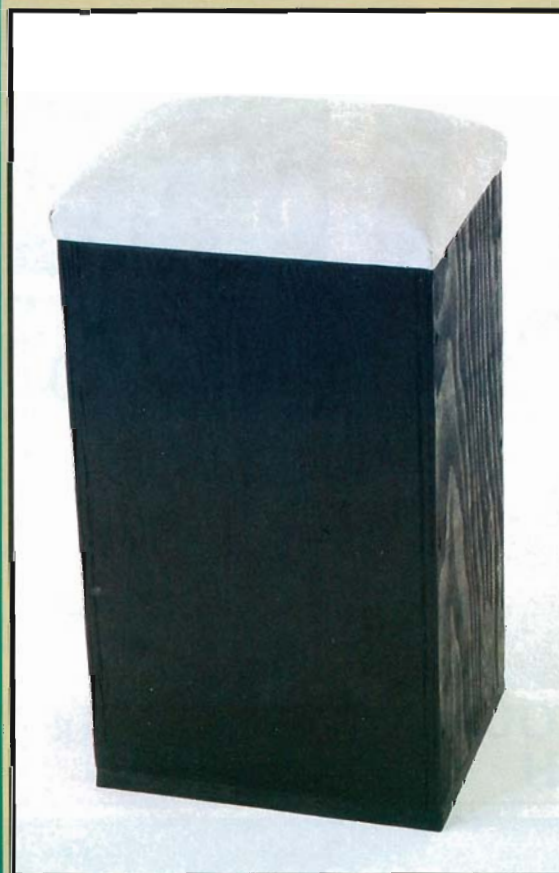
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