



# ANATOMY OF A BFS CLINIC



1. Coach Shepard: Special 2-hour Coaches Only Unification Session.



4. Coach Shepard demonstrating do's and don'ts of Power Snatch.



2. Coach Shepard with athlete exhorting him to now "Jump" on breakout session.



5. Coach working with 7th graders on Squat during breakout session: Weight is 55 pounds with BFS Training Plates.



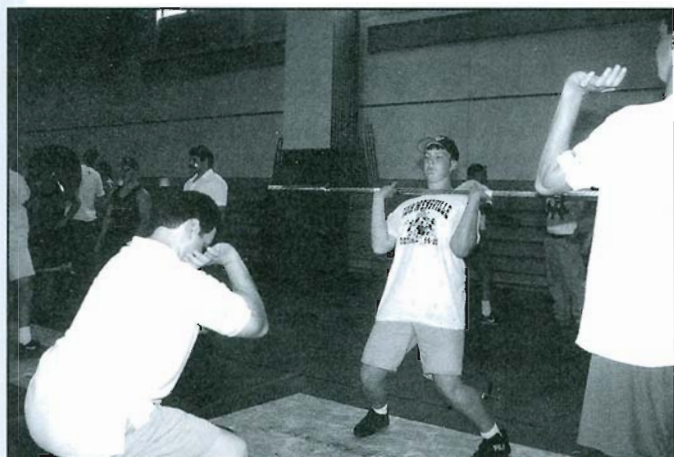
3. Coaches working with athlete on breakout session.



6. Coach Shepard working with athlete who had trouble squatting with heels coming off the floor.







7. Nick Hand, Strength Coach at Curwensville Area High School in Pennsylvania, showing his athlete how to clean on breakout session: 1) Bar on finger tips 2) Elbows high 3) Hips back and 4) Knees out.



8. Coach Shepard with a girl's sport coach doing Cleans for the very first time.



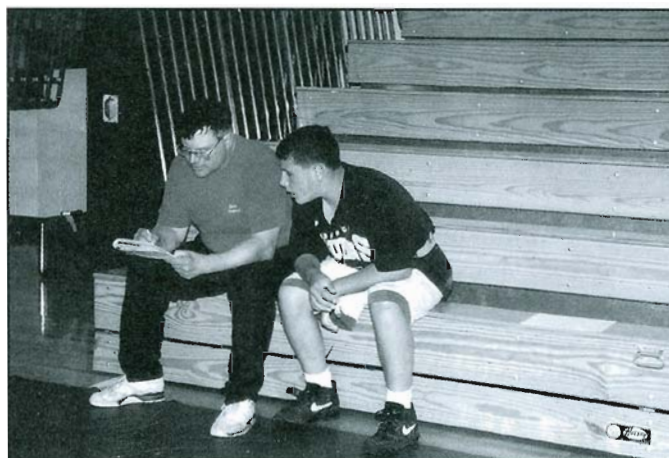
9. Coach Shepard - Athlete - Dot Drill.



10. Coach Shepard showing back leg stretch for speed. Look straight ahead, spread the chest, lock in lower back, hips forward, feet straight, and press down on the heel.



11. BFS Clinic tradition at the end of clinic. We Dead Lift with a spot. Top Dead Lift for the day: 600 pounds!



13. Always time for personal attention. We don't succeed unless you succeed.

