

Beginning as a Coach in Weightlifting

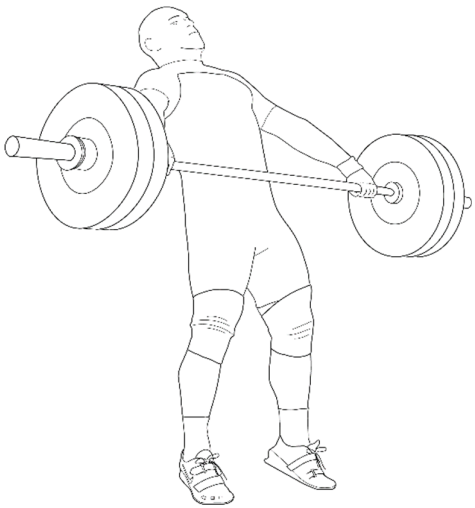
The Snatch

Developing an Overall Concept

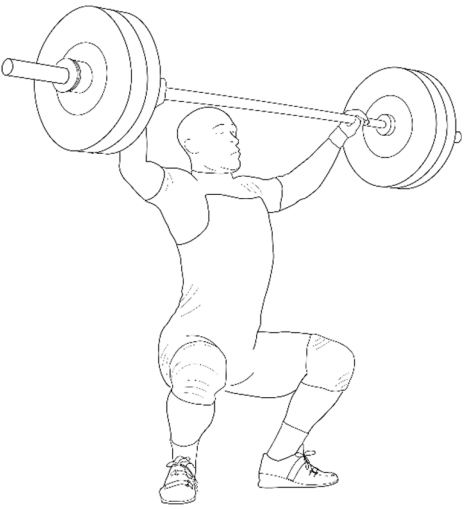
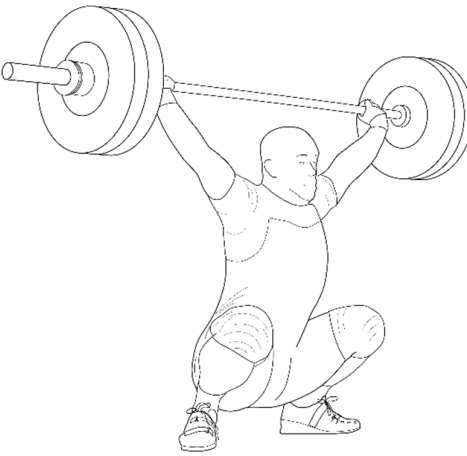
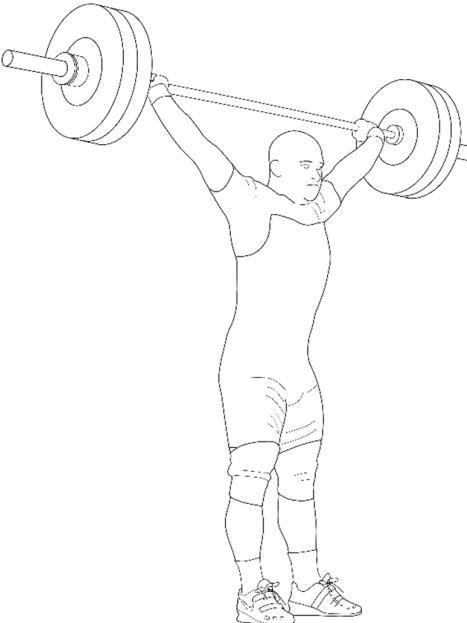
At the outset of learning, it is beneficial to develop an overall concept of the Snatch that is relatively simple to understand. In the explanation that follows, the Snatch is simplified into four major components which must take place for the athlete to succeed. In developing the overall concept, it is important to set aside the nuances of technique and athletic ability and focus instead on the more basic components. It is strongly possible that learners will develop greater consistency and confidence in the Snatch if they can grasp the overall concept more clearly in the earliest phase of learning. In coaching beginners, therefore, it is advisable to avoid over-complicating explanations.

To succeed in the Snatch, the athlete must:

1. Raise the bar from the floor/platform to a height sufficient for the athlete
2. Move with sufficient speed to reposition their body under the bar
3. Arrest the bar overhead with arms locked out
4. Recover to a standing position while continuing to keep arms locked out

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| 1 | Raise the bar from the floor /platform | <p>This component is commonly referred to as 'The Pull'.</p> <p>Typically, the bar is elevated to 62-73% of the athlete's standing height depending on athletic ability and skill.</p> <p>How well the athlete achieves this component will be dependent on their level of skill and strength.</p> <p>Athletes are generally successful in gaining sufficient vertical displacement, but excessive horizontal displacement can cause failure of the lift.</p> <p>Despite common belief, the pull phase is often <u>not</u> the factor that determines the athlete's performance. More often the limiting factor is the athlete's ability and confidence in the next two phases.</p> |  |
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| <p>2</p> | <p>Move under the bar at speed</p> | <p>The time efficiency of the athlete to drop under the bar into the receiving position is an important but not well understood aspect of performance.</p> <p>Typically, the phase in which the athlete moves under the bar has a duration of 0.3 – 0.5 secs, where 0.3sec might be considered fast and 0.5sec is slow.</p> <p>The slower the athlete's movement in this phase, the higher they must raise the bar to compensate.</p> <p>Developing the athlete's confidence to drop under the bar is a key coaching objective.</p> |  |
| <p>3</p> | <p>Arrest bar overhead</p> | <p>This component is a critical ability of the Weightlifter. Despite however strong the athlete is in the pull, the athlete must fix and balance the weight overhead with arms locked out to achieve a successful lift.</p> <p>The depth of the position (how low the athlete sits in) is a matter of flexibility and athletic ability.</p> <p>Commonly, athletes attain sufficient vertical displacement of the bar but fail in this component of the lift.</p> |  |
| <p>4</p> | <p>Recovery</p> | <p>The recovery is the part of the lift from the moment the bar has been successfully arrested overhead until he/she stands out of the receiving position while continuing to keep the bar overhead and achieves the finishing position.</p> <p>In competitions the athlete must be able to maintain an elbow lockout and remain in the finishing position with the bar under control until the referees signal that the bar can be returned to the ground.</p> |  |