

# Teaching Sequence for the Power Snatch

The following sequence of events in teaching the snatch adheres to the “*reverse chaining principle*” - the last step is taught first and the first step is taught last.

1. Find snatch grip on bar
2. Position bar overhead in snatch grip – find balance point and hold 10 sec
3. Place bar in mid-thigh position
4. Perform vertical leg thrust (jump with the bar in hands held from mid-thigh, keep arms straight), 2 sets of 3 reps (1<sup>st</sup> set little jump, 2<sup>nd</sup> set bigger jump)
5. Place bar in knee-height position (top of patella)
6. Perform full extension position (balancing on toes, fully extended, arms straight), (1 set of 3 reps, holding balance in full extension for count of 3)
7. Move bar between knee-height and full-extension (sliding bar on thighs the whole time), (2 sets of 5 reps)
8. Jump with bar from knee position, keeping arms straight, slowly from knee to mid thigh, then quicker from mid-thigh upwards, (2 sets of 3 reps)
9. Power snatch from mid-thigh (basic unrefined action, slow movement of bar from knee to mid-thigh, then accelerating, bar sliding on thighs), 1 rep. Bar is now overhead. (2 sets of 3 reps)
10. Power snatch from mid-thigh, add movement of feet outwards (2 sets of 3 reps)
11. Power snatch from mid-thigh, add “drop and stop” (2 sets of 3 reps)
12. Lower and raise bar between top of knee and mid- shins (keeping constant angle of back) (2 sets of 3 reps)
13. Power snatch, complete (start bar mid-shins, move bar very slowly until mid-thigh, accelerate, fully extend and receive bar overhead, drop and stop. (2 sets of 3 reps)

# Teaching Sequence for the Jerk

1. Find grip on the bar appropriate for the jerk
2. Take bar to shoulders and perform press to arms locked out with bar over centre of head several times. Ensure there are no head and neck movements i.e. pushing head forward.
3. Take bar to shoulders and perform slow dip action (15 cm approx), trunk completely vertical. Repeat action many times and ensure movement of trunk stays vertical.
4. Discuss importance of keeping elbows still.
5. Perform push press, with a stop at the bottom of the dip to check trunk is vertical. Practice several sets.
6. Perform push press with no stop at the bottom of the dip. Rise and stay on toes at the end of the driving up movement. Practice several sets.
7. Practise movement of the feet and bending of the legs necessary for power jerk, first **without** a bar then **with** a bar. Practise several sets.
8. Practise split position for the jerk. For beginner it is necessary to determine which foot goes forward and which goes back. Try split position both ways round several times and choose what feels best. Then stick to this!
9. Practise split squats, with front shin vertical all the time and bending back knee to within 10 cm of the ground.
10. Practise jerk balance, with small movement forwards of front foot only. Trunk should remain vertical.
11. Practise foot movement into split receiving position without bar. Then practise with bar.