

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

Teaching Snatch Progression

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10 Reps wall squats

Broom Stick Warm Up:

10 second hold in cover position

5 snatch pulls

5 high pulls

5 Drop Snatch

5 Over Head Squats

15# Bar Circuit:

5 Snatch pulls

5 Snatch high pulls

3 drop snatch / over head squat

15# Bar:

5x5 hang Snatch

Description of Exercises:

Wall squat: toes touching wall, chest touching wall. Instruct athlete to squat by throwing the hips back and feet flat.

Cover Position: this is the athletic stance position or where you start a hang snatch or hang clean.

Snatch pull: with a wide grip on the bar and a finger over thumb grip, start in the cover position and explode into triple extension keeping the bar close to the body and shrugging shoulders up.

Snatch high pull: same as a pull, but continue the motion of the bar by bending the elbows up toward the sky NOT back behind the body.

Drop Snatch: begin with the bar on the back of the shoulders with the snatch grip. In one quick motion, the athlete will drop into a squat position while pressing the bar above the head locking the elbows. The athlete will then stand up keeping the bar locked above the head.

Over Head Squat: The bar is above the head with the elbows locked. The athlete will descend into a squat keeping the heels pressed to the floor, chest out and back straight. Encourage the athlete to go as low as they can with light weight to improve flexibility.