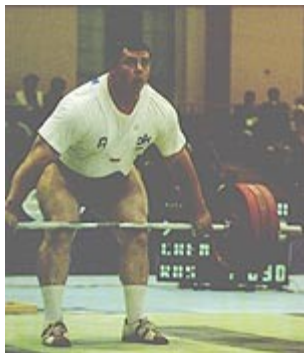


Common Technical Errors in the Snatch, Clean, and Jerk , their causes, and some proposed remedies.

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The most common error in the snatch and clean (structurally, these lifts are closely related) is inadequate amplitude during the top pull. A successful snatch and clean depend on the speed of the bar at the end of the top pull (as a result of a sharp and simultaneous

straightening of the legs and trunk). If this speed is adequate, then the bar will reach the necessary height and make it possible for the lifter to execute a fast and accurate drop under the bar. With a weak top pull however, the speed of the bar will be less and it will not reach the necessary height.

Another frequent error is an early or late start of the top pull or an early stop of the top pull, which also reduces the force of the top pull and leads to lower speed on the bar (the top pull in the clean should start from the lower third of the thigh, and in the snatch -- from the upper third of the thigh).

Premature involvement of the trunk (when the lifting of the bar begins with the extension of the trunk and not the legs) is also a main cause of failure in the snatch and clean. This type of start imparts horizontal speed to the bar and makes it difficult to hold the bar (especially in the snatch). This error plagues those who neglect or care little about developing trunk strength, giving preference to leg strength. As a result, the coordinated action of the leg and the torso muscles is disrupted, which, in turn, leads to decreased power in the top pull.

Remedies : Use snatches and cleans from the hang and from boxes, snatch and clean pulls, good mornings ; correctly place the feet under the grip. ; lift the bar off the platform smoothly with the arms straight, standing on the whole foot and not changing the position of the trunk before the start of the top pull ; develop proportional leg and trunk strength, and execute jumps.

Here is a typical error in the snatch : The barbell is overhead and the arms are straight, but the weight is forward and is not locked into position. Causes : Before adopting the starting position, the lifter incorrectly positioned his feet under the grip, and the barbell's center of gravity was outside the support area or in line with the toes ; poor mobility in the shoulder joints ; during the entry of the drop under the bar, the lifter tossed his head back before completely straightening, thus jutting forward the shoulders and forgetting about the movement of the trunk. Remedies : Use snatches

from the hang or from the boxes with light and moderate weights, paying special attention to quickness in dropping under the bar, spreading the feet, and the downward - forward movement of the trunk. Exercises for improving shoulder joint mobility should also be used.

Problem : The bar is overhead, but the arms are not locked out. Causes : early termination of the top pull, late start of the drop under the bar, slow spreading of the feet after the top pull. poor mobility in the ankle and the hip joints, and too shallow a squat. Remedies : Use snatches from the hang and from boxes with light and moderate weights (3-4 reps per set), paying special attention to complete extension of the trunk and legs, and flexibility exercises with and without weights.

Errors in the jerk.

1. Poor jerk from the chest. The weight is overhead (forward) on straight arms but cannot be fixed.

Causes : Weak legs ; in the starting position (before the jerk) the pelvis is too far forward ; the angle formed by the shin and the thigh (of the lead leg) is less than 90 degrees ; too narrow a grip ; poor mobility in the shoulder joints ; forward tilt of the trunk and lifting the heels off the platform during the preliminary dip ; after the preliminary dip the lifter does not completely straighten the legs, the elbows are dropped down, the barbell is not utilized as a "prop".

Remedies : Develop leg strength and mobility in the shoulder joints ; use jerks from behind the neck and from the racks and the so called "push press" ; adopt a correct starting position before the jerk ; change the width of the grip.

2. During the preliminary dip, the barbell loses contact with the chest.

Causes : an abrupt dip, which produces significant inertial force ; the barbell does not lie solidly on the chest ; the wrists are not relaxed.

Remedies : the preliminary dip must be executed smoothly on the whole foot while slightly bending the legs at the knee and the hip joints, with the fingers relaxed so that the bar rests solidly on the chest.

3. The weight is lifted up, but the barbell falls behind head.

Causes : When executing the split ("scissors movement"), the lifter does not plant his lead leg on the whole foot, but rather on the heel ; the trunk is dropped down, but the shoulders remain behind the vertical line

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; the arms are lifted upward - backward ; the trailing leg is bent strongly at the knee joint.

Remedies : Direct the arms (and the barbell) strictly upward ; place the weight of the lead leg on the whole foot ; when dropping the trunk down, move the shoulders forward slightly directing the elbows upward and to the side.

4. Loss of balance to the right or to the left.

Causes : misplacement of the lead leg to the inside (loss of balance to the right if the right leg is the lead leg), or misplacement of the trailing leg to the inside (loss of balance to the left if the left leg is the trailing leg)

Remedies : many reps of the "scissors" movement with light weights in order to develop precision in the forward-backward leg movement (along a straight line), thus maintaining distance (support area) between the feet.

The End