

# Benefits of the Power Clean

- Multi-Joint
- Multi-Planar
- Ground-Based
- Intra & Inter-muscular  
Coordination
- High Rate of Force  
Development (Explosive)
- Utilizes “Triple  
Extension” at the ankle,  
knee and hip

# Limitations & Problems with the Power Clean

- Technique Dependant
- Facility Limitations
- More time-efficient alternatives for developing power?
  - Plyometrics
  - Accommodating Resistance
- Safety Issues
  - Risk of Injury?

# Teaching Progression

- Learn to hold the bar on chest
- Learn to Front Squat
- Stance – “Ready Position”
- Start – “Set Position”
- Triple Extension
- Shrug Pull
- Proper Catch Phase
- Finish

# Benefits of this Teaching Progression

- Keeps the athlete actively learning.
- Gives the athlete many practice reps in a short period of time.
- Provides the athlete with a mental checklist.
- Enables few coaches to supervise many athletes at one time.
- Allows more experienced athletes to reinforce good habits.

# Why Learn to Clean from the Hang Position?

- Technique flaws can be created or magnified when pulling from the floor
- Starting the teaching progression from the hang position eliminates momentum
- No need for bumper plates or blocks to achieve the correct starting height (which can make the beginning weight too heavy)

# Learn to Hold the Bar in the Catch/Front Squat Position

- “Let go” of the bar – you want it to rest on the front head of your deltoid without gripping it
- Drive elbows up and in towards one another



# Learn to Front Squat

- Make sure to master the “wall squat” progression before trying this!
- Eyes up, head back
- Keep your weight on your heels
- Fill your belly (not chest) with air
- Sit back
- Keep elbows high and tight!
- Maintain arch in your back



# Hang Clean Progression

- VERBAL CUES

“Ready”

“Set”

“Hit”



# “Ready” Position

- Stance
  - Feet at “Hip Width”
  - Toes Pointed Forward
- Hand Placement
  - Shoulder Width
  - Outside of Knees
  - Overhand Grip
  - Wrists turned IN
  - Elbows turned OUT



# “Set” Position

- Bar Just Above Knees
  - “Slide” Bar down
  - Push Hips Back
- Shoulders Back
  - Chest out
  - Head Back
  - Shoulders in Front of Bar
  - Wrists turned IN
  - Elbows turned OUT



# “Hit” Position

- TRIPLE EXTENSION at the ankle, knee and hip (jumping motion)
- Shrug the shoulders
- DO NOT pull with the arms!
- Hip drive brings the bar up to belly button height



# “Catch” Position

- Feet at Shoulder Width
  - Sit Back on Heels “Stick the Heels”
  - “Drop” under the bar
  - Push Hips Back
  - Toes Pointed Forward
- Bar Resting across Shoulders
  - Elbows High
  - Roll Bar Back on Fingers
  - “let go!”



# “Finish” Position

- Same Checklist as “Catch” position
- Safely return bar to platform or “Ready” position



# Most Common Problems

| <b>Position</b> | <b>Problem</b>   |
|-----------------|--|
| Ready           | Feet too Wide<br>Loose Grip  |
| Set             | Shoulders behind bar<br>Elbows turned in<br>Loose Grip                 |
| Hit             | Hips not extending, or no triple ext.<br>Pulling with Arms (elbows in) |
| Catch           | Grabbing the bar<br>Not Sticking the Heels<br>Elbows too Low           |