

SNATCH

POWER SNATCH

OVERHEAD SQUAT

SNATCH PULL

SNATCH DEADLIFT



From a squatting position and a wide grip on the bar, the athlete accelerates the bar to above the knee (first pull,) "scoops" his hips forward to brush the bar (the scoop) and drops below to catch the bar overhead (second pull.) The athlete lands in a squat, and then rises to standing with the bar overhead.



From a squatting position, the athlete accelerates the bar from the floor to overhead, keeping the bar close to his body, in one motion. Then athlete drops into a shallow squat and 'catches' the bar overhead, elbows locked.



With the bar over the hips and locked overhead (upper arms behind the ears,) the athlete descends with slight forward lean and even foot pressure, into a full squat. Then the athlete returns to standing. No rocking on the balls or heels of the feet is permitted, and hands should stay behind the head, over the centre of gravity.



From a squatting position, the athlete pulls the bar rapidly with a wide grip from the floor to a position just above the knee with a hook or clean grip.



Using a snatch grip (wide,) and shins touching the bar, the athlete pushes his hips forward until standing, holding the bar just below the waist. Emphasis should be on keeping the torso rigid (though not vertical until the finish) and maintaining a safe lower-back arch.

10 in a row without losing balance or posture, using a loaded barbell.

10 in a row without losing balance or posture, using a loaded barbell.

10 in a row without losing balance or posture, using a loaded barbell.

20 without losing posture, using a loaded barbell.

