

Objectives of Training

SMU HUMAN
PERFORMANCE
DEPARTMENT

Coach Kaz Introduce Yourself

Coach.
Mentor.
Teacher.

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Don

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Tom Cross

Boyd Epley

Larry Jackson

Al Rusty Jones

DUANE CARLISLE

Scott

Vermeil

Johnny Parker

Bird

Dave Redman



@SMU_HP

Mike Woicik

High School

8 – 16 years

- ❑ Ability to miss correctly
- ❑ Basic movement patterns
- ❑ Body and spatial awareness
- ❑ Understands basic coaching points

College

17 -20 years

- ❑ Can coach others through the lifts
- ❑ General understanding of the movements
- ❑ Finding new limits to what the physical body can do

NFL

21+ years

- ❑ Reduce wasted movement, get the most out of each lift
- ❑ Finding the optimal arousal
- ❑ Maximize the body's physical ability

3 different sports between the 3 different levels

Can you identify the trait you are trying to achieve

The Warm-Up

- Crucial for movement assessment
- Important for youth athletes to develop an aerobic base
- AB sets the foundation for future training programs/life
- Improves recovery time between high intensity bouts
- Can serve as low level conditioning

Goals

- Increase body temperature
- Increase blood flow to working tissues
- Increase oxygen to working tissues
- Improve joint viscosity and range of motion
- Become great at doing the little things

WEEK 1

Exercise:	Squat	% of Daily Volume	Bench/Press	% of Daily Volume	Dead/Pull	% of Daily Volume	Oly	% of Daily Volume	Back	% of Daily Volume	Post Chain	% of Daily Volume	Total Reps
Monday	12	14%	36	43%	0	0%	9	11%	18	21%	9	11%	84
Wednesday	9	18%	12	24%	0	0%	0	0%	15	29%	15	29%	51
Friday	12	21%	12	21%	0	0%	12	21%	12	21%	9	16%	57
Total Week Reps:	33	18%	48	27%	0	0%	21	12%	45	25%	33	18%	180

WEEK 2

Exercise:	Squat	% of Daily Volume	Bench/Press	% of Daily Volume	Dead/Pull	% of Daily Volume	Oly	% of Daily Volume	Back	% of Daily Volume	Post Chain	% of Daily Volume	Total Reps
Monday	12	15%	15	19%	0	0%	12	15%	30	38%	9	12%	78
Wednesday	9	18%	12	24%	0	0%	0	0%	15	29%	15	29%	51
Friday	12	19%	12	19%	0	0%	12	19%	18	29%	9	14%	63
Total Week Reps:	33	17%	39	20%	0	0%	24	13%	63	33%	33	17%	192

WEEK 3

Exercise:	Squat	% of Daily Volume	Bench/Press	% of Daily Volume	Dead/Pull	% of Daily Volume	Oly	% of Daily Volume	Back	% of Daily Volume	Post Chain	% of Daily Volume	Total Reps
Monday	14	16%	15	18%	0	0%	14	16%	30	35%	12	14%	85
Wednesday	12	21%	14	25%	0	0%	0	0%	15	27%	15	27%	56
Friday	16	22%	15	20%	0	0%	12	16%	18	24%	13	18%	74
Total Week Reps:	42	20%	44	20%	0	0%	26	12%	63	29%	40	19%	215

WEEK 4

Exercise:	Squat	% of Daily Volume	Bench/Press	% of Daily Volume	Dead/Pull	% of Daily Volume	Oly	% of Daily Volume	Back	% of Daily Volume	Post Chain	% of Daily Volume	Total Reps
Monday	16	17%	18	19%	0	0%	16	17%	30	32%	13	14%	93
Wednesday	12	20%	16	26%	0	0%	0	0%	18	30%	15	25%	61
Friday	12	21%	0	0%	0	0%	14	24%	18	31%	14	24%	58
Total Week Reps:	40	19%	34	16%	0	0%	30	14%	66	31%	42	20%	212

WEEK 5

Exercise:	Squat	% of Daily Volume	Bench/Press	% of Daily Volume	Dead/Pull	% of Daily Volume	Oly	% of Daily Volume	Back	% of Daily Volume	Post Chain	% of Daily Volume	Total Reps
Monday	23	23%	18	18%	0	0%	18	18%	30	29%	13	13%	102
Wednesday	16	22%	23	32%	0	0%	0	0%	18	25%	15	21%	72
Friday	20	29%	0	0%	0	0%	16	24%	18	26%	14	21%	68
Total Week Reps:	59	24%	41	17%	0	0%	34	14%	66	27%	42	17%	242

THE CLEAN



From the Ground Up Approach

- Taught in most USAW courses
- Effective in building repeatable movement patterns
- Most effective in highly flexible and very young athletes
- Puts emphasis on getting the knees out of the way and great lower body mechanics

Progression

- Pulls from ground to the knee
 - Focusing on pushing hips back and knees out of the bars path
- Pulls from ground to mid thigh
 - Focusing on the earlier and staying covered over the bar at the second pull position
- Rep the full movement, pull from ground and triple extension

From the Top Down Approach

- Seen in athletic team settings
- Reduces lower back strain while training
- Puts emphasis on the triple extension aspect of the lift
- Allows for quicker hamstring adaptations

Progression

- Start from blocks above knee working pulls
 - Focusing on covering the bar and triple extension
- Moving to blocks below the knee working pulls
 - Slight adjustment to the knee movement pattern, focusing on triple extension
- Low block or from the ground working pulls
- Run back the same thing, but with power clean

The Use of Assistant Lifts

- Least seen in the collegiate sports scene
- Allows for athletes to still get work done during a technique phase
- Emphasis on creating relationships between lifts
- Can be done in a large setting safely

Method

- Working pulls with an assistant exercise
 - Assistant exercises are used to relate back to the clean
 - Clean pull from ground or low blocks, afterwards doing front squat
 - High block clean pulls then working RDLs
 - Clean pulls from ground and working heavy shrugs from high block

Faults and Corrections

On the catch the elbows are pointing down

- Common coaching point "elbows up"
- What's going on?
 - Grip is too tight on the bar at the catch
 - Biceps are too big for hand placement
 - Forearm muscles are overly tight
- Fixes?

Faults and Corrections

Large jump forward on the catch

- Common coaching point "don't do that" or "move vertical"
- What's going on?
 - Poor start position, too much weight on the toes
 - Bumping too early during the first pull
 - Did not finish the pull, down too quickly
- Fixes?



Faults and Corrections

Low bar speed

- Common coaching point "faster pull"
- What's going on?
 - Pulling from the top of the knee rather than the second clean pull position
 - Knees too far forward before the second pull
- Fixes?

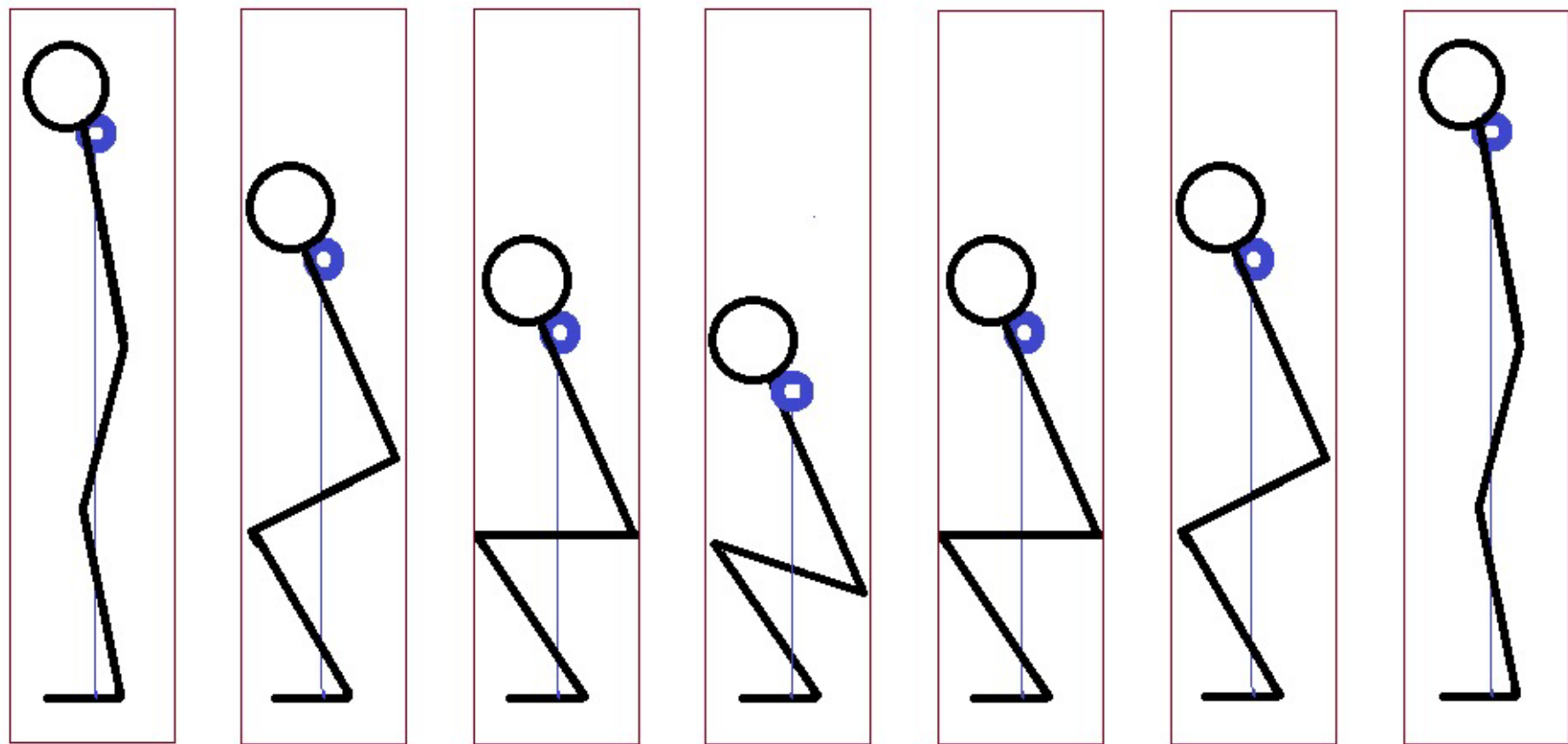


Faults and Corrections

Feet shooting out on the catch

- Common coaching point "keep your feet under you"
- What's going on?
 - Weakness in the lower body and/or back
 - Lack of trust in technique
 - Low ankle mobility
 - Not finishing the pull
- Fixes?

THE SQUAT



Use of Equipment

- Best used with those who have done squats in the past, just not efficient in them
- Boxes, sticks, shoes, plates, med balls, bands, bars
- Can teach with low intensity weight
- Still able to get good work in while teaching

Explanation

- Squat to box - teaches hips back and builds post chain
- Sticks - set in front of bar to show the route of the bar
- Bands on bar to top of rack - takes weight off the bottom of the squat

Faults and Corrections

Knees Caving In On The Drive Up

- Common coaching point "keep the knees out"
- What's going on?
 - Weakness in the abductors and glutes
 - Lack of awareness in what the lower body is doing



- Fixes?

Faults and Corrections

Low Power Out of the Bottom

- Common coaching point "Drive out of the hole"
- What's going on?
 - Breathing out on the way up or lack of breath taken
 - Not squeezing the bar and loose upper back muscles
- Fixes?

Faults and Corrections

Hips Coming Up Out of the Bottom

- Common coaching point "Chest up on the drive"
- What's going on?
 - Wrong breath taken again
 - Weak lower back muscles
 - Shifting too far forward at the bottom
- Fixes?



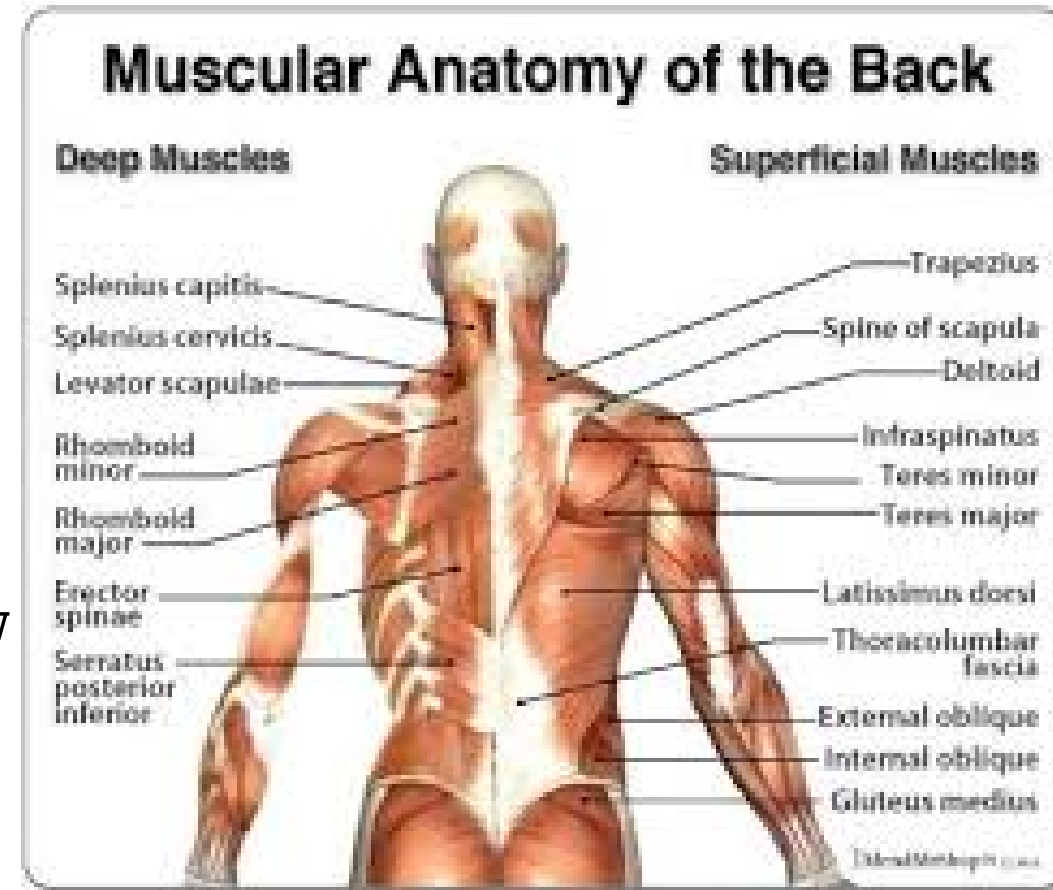
Importance of Training Back

- Connected to Chest, Hips, Abs, Neck, and Shoulders
- Force Production and Absorption
- Injury Prevention
- Posture



Simple Ways To Add It Into Your Program

- Pull-ups/Chin-ups
 - Hangs, Eccentric, and Bands
- Chest Supported Board Row
 - Wood Boards
- Bands
 - Rows, Pull Aparts, Face Pulls, Etc.
- Scap Series



Training Objectives In the Weight Room

QUESTIONS?