

Broken Olympics™ by Functional Muscle Fitness Inc.

Olympic Weightlifting Applied to Team & Athletic Performance

“All sports should implement Olympic weightlifting into their strength & conditioning programs because of the power & coordination that is required during each movement. No other training methodology or techniques can replace weightlifting with the same level of effectiveness.”

Overview: How to Get Started

1. **Develop a curriculum** – all new athletes should work on pulling and short power movements for their first year with minimal load while working on mobility / symmetry
 - a. **Leveling System** – any athlete who is adequate or who has training experience can be moved up but it must be cleared through the S&C coach; S&C coach needs to have a clearance test in place to advance the athlete
 - I. **Level 0-1** – proper muscle activation through technique; eliminate asymmetry; baseline strength
 - II. **Level 1-2** – eliminate movement flaws; teach clearing the knees; introduce bar strength
 - III. **Level 3-4** – incorporate below knee pulls w/ catches / movements; high-intensity lifts; start to incorporate strength variables...
 - IV. **Level 4** – full go... de-load every 6-8 weeks... re-address mobility & technique throughout
 - b. **Assess your sport by position...** determine whether position specific applies to your team
2. **We do not teach jumpers** – athletes who have their feet excessively leave the platform by pulling their knees up often do not perform a full triple extension thus not generating max power
3. **Fix Asymmetry** – will lead to injury; correct with unilateral movements and other corrective exercises
4. **Strength** – you can't be a successful athlete without strength; leads to injury prevention, power & athleticism, and increased force production
5. **Mobility** – must focus on lifting & MOVING properly
6. **Full ROM Squats** – this is our preferred method of squat because it activates the posterior chain below a 105 degree knee angle(parallel) thus increasing speed and vertical jumping abilities

Variables: Know What You're Training for

- **Velocity = 45-65%**
 - Movement Example... high speed athletes we work Jump Shrugs
 - Sport Example... basketball, defensive backs, soccer, etc...
 - Variables... 3 / 5 @
- **Power = 65-75%**
 - Movement Example... Hang Clean Falila
 - Sport Example... all
 - Variables... 4 / 4
- **Explosive Strength = 75-85%**
 - Movement Example... Blocks 1: Power Clean
 - Sport Example... rugby, lineman, wrestlers, throwers
 - Variables... 5 / 3
- **Strength = 85%+**
 - Movement Example... Clean or Snatch... hang or from floor
 - Sport Example... floor pulls strength athletes, hang speed athletes
 - Variables... ladders or doubles



Broken Olympics™ by Functional Muscle Fitness Inc.

Coached Session

Postural Positions Week... Snatch Focus Day

Warm Up

1. **Mobility: Overhead Squat** (assisted if needed) 8 "P"
2. **Activation: Band Line Drill** 20-20-20-20
3. **Specific: Platform Jumps** 2 / 8

Movements

1. **Hang Snatch Muscle Pull** 3 / 8
2. **3 Power Snatch** (on cue, pause 2 count on catch) 3 / 5
3. **BTN ¼ Squat Press** 3 / 5
4. **Snatch Drive Pull** (re-set, on cue) 4 / 4
5. **Snatch Retraction** (pause @ position 1 for a 2 count) 4 / 5 "H-P"

Teaching Progressions for the Clean / Snatch / Jerk

CLEAN	5	4	3	2	1
PRIMARY	Clean	Power Clean	Hang Clean	Hang Power Clean	Hang Clean Pull
Tech One	Specific Drills	1 Hang Clean	Blocks: Power Clean	Hang Clean DP / Falila / MP	2-3 Hang Clean Muscle Pulls
Tech Two	Clean DP / Falila	Clean DP / Falila	1 Hang Power Clean	3 Power Clean	Platform Jumps
Mobility	Requires high level of mobility and at each level increases the requirements It is vital that athletes are able to properly rack the bar while working in to a full ROM squat				
Strength	Positional Squat Work	Front Squats	Bottom Front Squats	Deadlifts	Split Squats
Strength	Deficit Pulls/Deads	Retractions	Deadlifts	Rows	Reverse Bridge

SNATCH	5	4	3	2	1
PRIMARY	Snatch	Power Snatch	Hang Snatch	Hang Power Snatch	Hang Snatch Pull
Tech One	Specific Drills	1 Hang Snatch	Blocks: Power Snatch	Hang Snatch DP / Falila / MP	2-3 Hang Snatch Muscle Pulls
Tech Two	Squat Jerk	Snatch DP / Falila	1 Hang Power Snatch	3 Power Snatch	Platform Jumps
Mobility	Requires high level of mobility and at each level increases the requirements Focus on: Hips & Shoulder Mobility / Stability				
Strength	Positional Squat Work	Overhead Squats	Front Squats	Snatch Deadlifts	Split Squats
Strength	Deficit Snatch Pulls/Deads	Snatch Deadlifts	Snatch Deadlifts	Wide BO Rows	Reverse Bridge

JERK	5	4	3	2	1
PRIMARY	Power Jerk	Split Jerk	BTN Split Jerk	Jerk	Push Press
Tech One	Specific Drills	Jerk	Jerk	BTN Push Press	BTN Push Press
Tech Two	Squat Jerk	Head Split Jerk	BTN Push Press	¼ Squat BTN Press	Muscle Pulls
Mobility	Mobility is focused on Shoulders and Lats... hips as soon as ROM is added for Squat Jerks, etc... Focusing on Lat engagement in all overhead movements is vital to create shoulder stability				
Strength	Military Press	Military Press	BTN Press	BTN Press	Dmbl Military
Strength	Wide Pull Ups	Prone Rows	Lateral Raises	Lateral Raises	Shoulder Raises

