



# PREPARING TO LIFT BIG WEIGHTS



*Coach Dave Feeley*

# BEFORE THE MADNESS...

## Warm Up

- Purpose
  - To raise body temperature
  - Increase joint mobility
- Exercises
  - Jump Rope
  - Gymnastics
  - Hurdle Work\*

## Lifting Prep

- Purpose
  - To introduce specific movement patterns to the athletes to prepare them to lift heavy loads
- Exercises
  - Hyperextensions
  - 1 Leg Movement
  - Snatch Complex
  - Snatch Push Press + Overhead Squat

- “The overhead squat calls on bilateral, symmetrical mobility and stability of the shoulder, scapular regions and the thoracic spine. The pelvis and core must establish stability and control throughout the entire movement to achieve the full pattern.”

-Gray Cook

Movement: Functional Movement Systems





# Snatch Complex

- “When global muscles take over the role of local stabilizer muscles, there is generally a latency of onset of firing time of the local stabilizing muscles....This can result in dysfunction and loss of stability, leading to compensatory patterns.”

- Clark, Voight, Campbell, Pierce, et al

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# Hyper Extensions

START







# Hyper Extensions







# Hyper Extensions

FINISH





- “Mobility and stability gained by working on the single-leg movement pattern will enhance body awareness and foster motor learning to gain better power, speed and agility in asymmetrical positions.”

-Gray Cook

Movement: Functional Movement Systems



# One Leg Squat

START







# One Leg Squat

MID-POINT

BELIEVE  
WE HAVE WON





# One Leg Squat

FINISH







# Hurdle Mobility







# Snatch Push Press + Over Head Squat



# References

- Clark, N., Voight, M., Campbell, A., Pierce, S., Sells, P., Cook, R., . . . Schiller, L. (2017). THE RELATIONSHIP BETWEEN SEGMENTAL ROLLING ABILITY AND LUMBAR MULTIFIDUS ACTIVATION TIME. *International Journal of Sports Physical Therapy*, 12(6), 921-930.
- Cook, G., Burton, L., Kiesel, K., Rose, G., Bryant, M. (2010). *Movement: Functional Movement Systems*. On Target Publications. Aptos, CA.





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FOOTBALL CAMPS

SUNDAY  
MAY 27

SATURDAY  
JUNE 2

SATURDAY  
JUNE 16

TUESDAY  
JUNE 19

SATURDAY  
JUNE 23

#THESTANDARD

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# Thank You!!!

Please contact me if you have any questions!

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