

NSCA

COACHES

CONFERENCE 2023

JANUARY 4 – 6, 2023

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

Ryan Metzger

Background

Education / Professional / Certifications

- Bachelor of Science – University of Wisconsin-Oshkosh
- Master of Science – University of Kentucky
- Graduate Assistant – University of Kentucky – Olympic Sports
- Assistant Sports Performance Coach – Virginia Commonwealth University
- Senior Assistant Strength and Conditioning Coach – Clemson University
- Assistant Director of Olympic Sports Performance – University of Tennessee
- SCCC, CSCS, RSCC, USAW-1, FMS-1, FCS



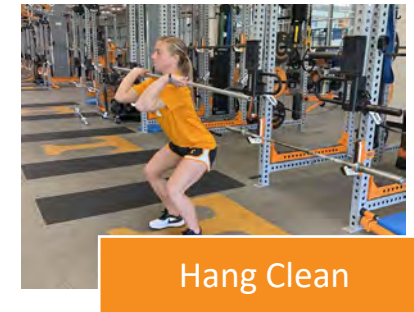
Athletic Career

- 4 Year Collegiate gymnast – University of Wisconsin-Oshkosh
- National-Level Olympic Weightlifter
 - 49kg / 53kg / 55kg
 - State Record Holder – Virginia
 - Over 10 years experience competing on National stage
- 2014 University Nationals
 - 1st place snatch; 3rd place clean and jerk; 2nd place total
- 2018 American Open Finals
 - 2nd place snatch; 3rd place total
- 2022 National Championships
 - 4th place snatch

Clean Progression

Hang Clean (from the knee)

- Body Weight Squat
- Barbell Front Squat
- Barbell RDL
- Barbell RDL to Knees
- Barbell RDL to Shrug
- Impossible Clean
- Hang Clean



Clean Progression

Clean (from the ground)

- Clean Grip Deadlift (below knee)
- Top-Down Positions (RDL -> Mid Shin -> Clean Grip Deadlift -> Power Position)
- Top-Down Positions to Shrug
- Impossible Clean
- Top-Down Clean
- Approach Clean

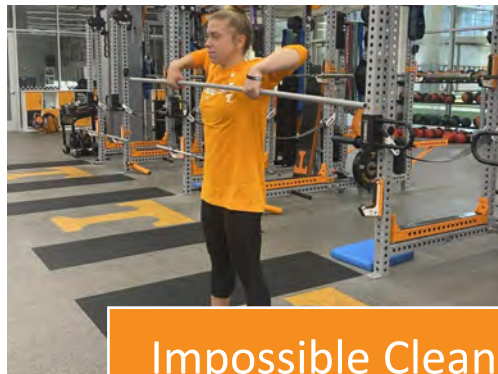
Clean Grip Deadlift



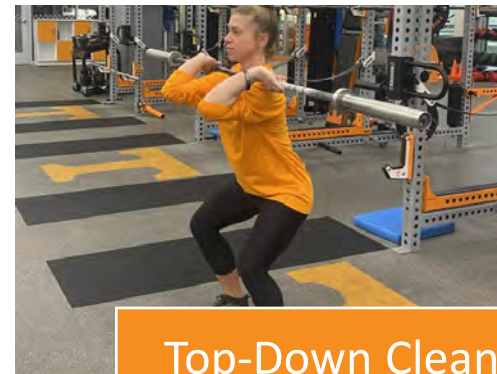
Top-Down Positions



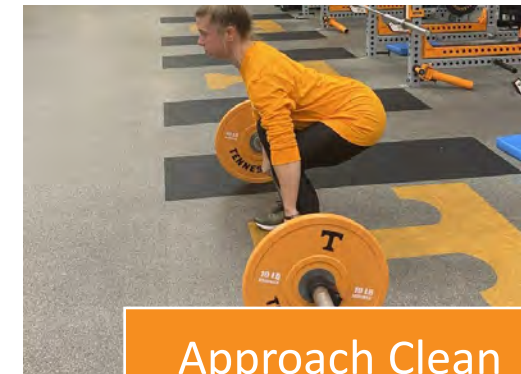
Top-Down to Shrug



Impossible Clean



Top-Down Clean

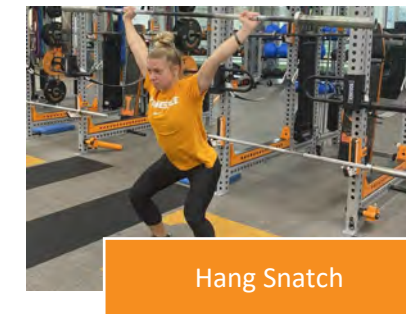
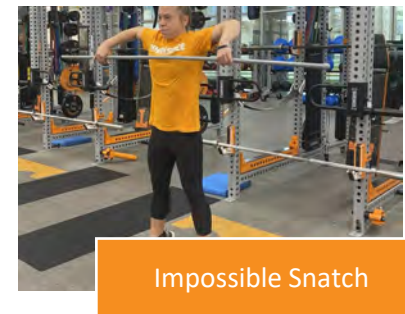


Approach Clean

Snatch Progression

Hang Snatch (from the knee)

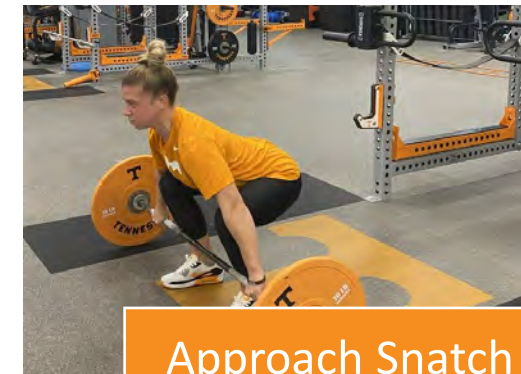
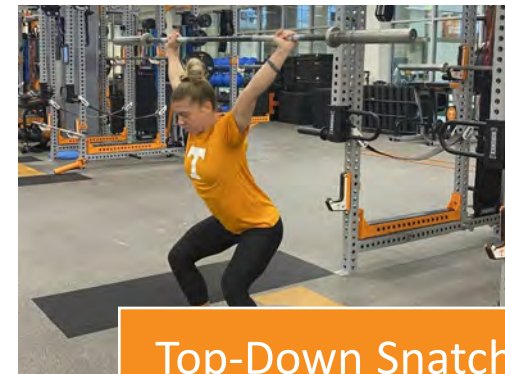
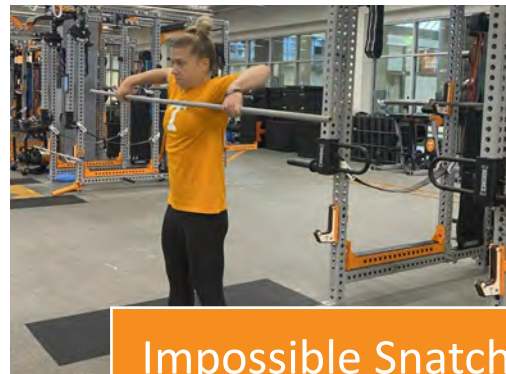
- Body Weight Overhead Squat
- Barbell Overhead Squat
- Snatch Grip Barbell RDL
- Snatch Grip Barbell RDL to Knees
- Snatch Grip Barbell RDL to Shrug
- Impossible Snatch
- Hang Snatch



Snatch Progression

Snatch (from the ground)

- Snatch Grip Deadlift (below knee)
- Top-Down Positions (RDL -> Mid Shin -> Snatch Grip Deadlift -> Power Position)
- Top-Down Positions to Shrug
- Impossible Snatch
- Top-Down Snatch
- Approach Snatch

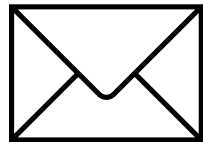


Final Tips for Success

- Keep coaching cues consistent and concise
- Demonstrate movements/lifts for athletes
- Use cadence to control group -> especially in a large team setting
 - Cadence will also force athletes to hold specific positions which reinforces technique
- Move around while coaching in order to see movements/lifts from multiple angles
- Use lighter barbells when teaching snatch progression
- Ask athletes questions during the teaching process
- Give athletes breaks from holding the barbell -> especially if you will be speaking for a while about a movement/lift
- Progress will be dependent on the group -> use discretion as a coach

Contact Information

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