



2022 NSCA *NATIONAL* CONFERENCE

July 6-9, 2022 | New Orleans & Online
#NSCACon22

› *KNOWLEDGE*
› *ADVANCEMENT*
› *COMMUNITY*

CONFLICT OF INTEREST STATEMENT

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

TEACHING ATHLETES TO SNATCH

- Insights from USA Weightlifting for Sport Performance Coaches
- Teaching clean vs. snatch
- No your shoulders won't fall off when overhead

TEACHING ATHLETES TO SNATCH

Coaching Tips for Optimal Success

- Tell the athlete what you want
- External not internal cues
- Be specific and positive
- Create a feeling; physically place in correct position
 - Allow self-organization
- Correct the root cause not the effect

TEACHING ATHLETES TO SNATCH

Coaching Tips for Optimal Success

- OHSQ
 - Grip, stance, elbows
- BN SN power jerk
- Power position
 - Punch, high punch, muscle snatch, power snatch
- Transition
- HAK
 - Punch, high punch, muscle snatch, power snatch
- Power SN from HAK + OHSQ
 - Snatch

THANK YOU



anna.swisher@usaweightlifting.org

mel.herl@nsca.com

LEARN MORE: usawcoaching.com