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“Teaching the Olympic Lifts”

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Teaching The Power Clean with Safe & Effective Alternatives

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My Background

- ▶ 22 years as a Strength & Conditioning Coach
- ▶ Entering 13th year at The Westminster Schools
- ▶ Won the Director's Cup (top athletic program in the state) 15 of 14 years that it's been awarded. 2012/2013 won MaxPrep Sports Cup for Top Athletic Program in the Nation (won 11 state titles 4 runner ups)
- ▶ Director of Velocity Sports Performance
- ▶ Head Strength Coach Morris Brown College
- ▶ Assistant Strength Coach East Tennessee State University
- ▶ Training Camp Intern: Jacksonville Jaguars
- ▶ Spring Training Intern: Tampa Bay Rays

OUTLINE

- ▶ Why do the power clean?
- ▶ What should be done first?
 - ▶ Improve overall strength
 - ▶ Alternative exercises
- ▶ Power clean exercise
 - ▶ From the ground up

WHY?

POWER OUTPUT

Not just about big weight, but movement speed (speed of the bar)
 Highest power outputs produced at 40%-80% of 1RM
 Full ROM, total body involvement, athletic lifts

POWER OUTPUT

▶ $P = \text{WORK/TIME IN WATTS}$

▶ POWER OUTPUT OF EXERCISES UNDER 80% OF 1RM

- ▶ BENCH PRESS Avg. P: 425 W
- ▶ SQUAT Avg. P: 1050 W
- ▶ SNATCH Avg. P: 2735 W
- ▶ POWER CLEAN Avg. P: 3645 W

Before The Clean Improve Overall Strength

- ▶ Use multi-joint movements
- ▶ Back Squat, Front Squat, Deadlift, Bench Press variations
- ▶ Work imbalances: DB exercises
- ▶ Core strength
- ▶ Use upper and lower body plyometrics
 - ▶ Medicine Ball throw variations
 - ▶ Box Jump variations
 - ▶ Resisted Jumps
- ▶ Can move to Olympic lift variations
 - ▶ Teach triple extension first
 - ▶ DB/Bar Push Press, DB Clean, DB/KB Clean to Press from hang position, DB snatch







Have The Right Equipment

- ▶ Platforms or In-Lay Platforms
- ▶ Bumper Plates
- ▶ Olympic Bar (with bearings to spin the bar- single barrel)
- ▶ What if I don't have this equipment nor the budget to purchase?

Power Clean Progression

What we do after strength is there:

- ▶ Hand Clean Pull
- ▶ Deadlift Shrug
- ▶ Box Clean Pull
- ▶ Clean Pull
- ▶ Clean High Pull
- ▶ Hang Clean
- ▶ Put it all together: Power Clean

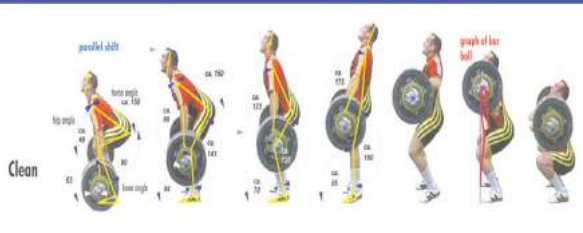
Power Clean From The Ground Up

- ▶ One of the main exercises that can create paralysis by analysis
- ▶ Athletes **MUST** master athletic position
- ▶ Middle of the platform
- ▶ Feet square – base hip width apart
- ▶ Hips are behind the knee with weight slightly shifted back
- ▶ Back is flat, butt down, head neutral, chest up
- ▶ Shoulders over bar, arms straight, wrists slightly curled towards you
- ▶ Hook grip

Power Clean can be broken down into three components:

- ▶ First Pull
- ▶ Second Pull
- ▶ The Catch (receiving the bar)

FIRST PULL SECOND PULL THIRD PULL



First Pull

- ▶ Involves removing the bar from the floor
- ▶ Primary movement produced by the knee and hip extensors. Spinal extensors, scapular retractors, and shoulder extensors also involved
- ▶ Start movement with the hips
- ▶ DO NOT let the athletes pull with the lower back or bend elbows first
- ▶ "Steel Rod" emphasis with back position
- ▶ Pulling from the floor contributes to the training of starting strength
- ▶ First pull relates most closely to sports positions in football, volleyball, among others

Second Pull

- ▶ This is the explosive pull— must accelerate the bar
- ▶ Bar gets to the knee, hips drive through and back is extended
- ▶ Hip drive will create momentum and speed on the bar to shrug and pull it to the sternum level
- ▶ Finish the shrug before the elbows bend. Bending elbows too soon will reduce power
- ▶ First and second pull most important for athletics

The Catch

- ▶ Unlock hips dropping to desired squat position
- ▶ Shoot elbows through; get them up!
- ▶ Elbows down = losing the lift... why?
- ▶ Open the fingers- full grip on bar will keep elbows down
- ▶ Feet move from hip width to squat width
- ▶ Base gets too wide, becomes harder to drop under the bar
- ▶ Allow bar to rest on the shoulders
- ▶ Front squat back up to finish position



Conclusion

- ▶ Olympic Lifts- Why you want to do them?
- ▶ Make an effort to learn them and how to teach
- ▶ Follow rep scheme that makes sense, more reps you do the slower the bar will travel
- ▶ Have equipment to do them or modify
- ▶ Our "Big 3"
 - ▶ Clean, Hang Clean, Clean Pull
 - ▶ Nothing wrong with other Olympic lifts, we strive to get good at a few instead of mediocre at many

Thank You

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