

The Snatch - Faults, Causes and Corrections

By Mike Keelan

Fault	Possible Cause	Suggested Correction
<p>1. Lifter elevates Buttocks before raising bar</p>	<ul style="list-style-type: none"> • Insufficient leg strength • Insufficient flexibility • Weak posture muscles • Ankle tightness 	<ul style="list-style-type: none"> • Standard strength exercises • Lifting standing on blocks • Incorporate flexibility as a core element of training • Introduce core stability exercises as a core element of training • Seek professional advice (shoe implants, screening)
<p>2. Bar ends up being forward</p>	<ul style="list-style-type: none"> • Early movement onto toes before the bar reaches the knee • Projection of the bar is positioned ahead of the metatarsal-phalangeal joints, with a greater inclination of the shins in the starting position, therefore in lifting the weight the bar has to travel around the knees i.e. the bar turns out to be in front of the lifter. • The lifter does not fully straighten the trunk and legs and failing to utilise explosive hip drive • Arms bend early at the elbows • Elbows are taken back early in the final extension movement • The lifter fails to accomplish an upward pelvic rotation at the top of the pull extension 	<ul style="list-style-type: none"> • Position the bar closer to the ankle joints and ensure the shins at the start have a shallow inclination (Ankle angle should not be less 60-70 degrees). • Balance on both feet from start to full extension of the pull • Aim for fully extended legs, hips, trunk and shoulders • Elbows must move strictly upwards parallel with the trunk throughout the pull
<p>3. Bar is pulled excessively backward</p>	<ul style="list-style-type: none"> • Early movement onto heels • Arms bend far too soon • Shoulders move back ward • Head is thrown back viciously 	<ul style="list-style-type: none"> • Balance on both feet • perform pulls standing on blocks • Elbows must move strictly upwards parallel with the trunk throughout the pull

		<ul style="list-style-type: none"> • Pulls and other movements from blocks set at designated heights • Perform Cleans from mid-thigh/waist using light weights • Increase back and abdominal (core) strength utilising specific exercises
4. Bar is lifted far away from shins in opening phase of Snatch	<ul style="list-style-type: none"> • Shins are too inclined • Angle of the ankle joint is too acute (less than 60 degrees) • Bar is positioned too far from the lifter 	<ul style="list-style-type: none"> • Position bar over metatarsal-phalangeal joint
5. Bar travels forward reacting from the thigh push	<ul style="list-style-type: none"> • Lifter thrusts hips through not upward (hits bar with thighs) • Lifter sufficiently straightens legs but not hips • Lifter's trunk remains inclined but hips travel forward 	<ul style="list-style-type: none"> • Ensure correct starting position • Keep balance • Ensure bar travels in most efficient line • Pulls from knee (concentric/eccentric) • Shrugs
6. Weak Full Extension	<ul style="list-style-type: none"> • Insufficiently strong muscles • Too great a weight • Lifter fails to place knees under the bar to instigate upward bar trajectory • No coordination between extensors of legs, hips and trunk and flexors of arms and shoulders 	<ul style="list-style-type: none"> • Build strength • Perfect practice = perfect skill application • Sub component exercises designed to enhance force application • Pulls from varying heights
7. Bar Snatched to straight arms but turns out to be forward and is unable to be fixed	<ul style="list-style-type: none"> • Early movement on to toes • Incomplete extension of trunk • Premature drop • Insufficient movement of hips and trunk up and in toward the bar 	<ul style="list-style-type: none"> • Lift bar to mid-thigh ensuring feet remain in full contact with the platform • Snatch from blocks or mid thigh • Snatch Balance
8 Bar Snatched to straight arms but turns	<ul style="list-style-type: none"> • Significant horizontal movement of the bar throughout the pull 	<ul style="list-style-type: none"> • Place bar between metatarsal - phalangeal joints at the start of

<p>out to be behind the head and outside the base</p>	<ul style="list-style-type: none"> • Bends arms too early in the pull • Excessive movement forward movement of the hips and shoulders • Excessive backward movement of head and shoulders at the completion of the pull 	<p>the lift</p> <ul style="list-style-type: none"> • Snatch from blocks or hang positions ensuring vertical lift <p>Snatch balance exercises</p>
<p>9. Snatch finishes with a press-out</p>	<ul style="list-style-type: none"> • Bar not lifted to appropriate height • Delay in the driving the body under the bar into the squat receiving position • Insufficient flexibility 	<ul style="list-style-type: none"> • Perform snatch pulls from various heights using various weights • Snatch from hang included in program • Snatch balance • Specialised flexibility exercises included in all training sessions
<p>10. Jumping off the floor within the drop</p>	<ul style="list-style-type: none"> • Lifter rises on to toes too early in the pull • Lifter extends legs but not hips 	<ul style="list-style-type: none"> • Ensure balance throughout lift - practice pulls on flat feet • Snatch from varying heights and include snatch balance