



COACHING IRELAND™

OILIÚINT ÉIREANN



COACHING IRELAND™

OILIÚINT ÉIREANN



COACHING IRELAND™

OILIÚINT ÉIREANN



COACHING IRELAND™

OILIÚINT ÉIREANN



COACHING IRELAND™

OILIÚINT ÉIREANN

# Planning to be Stronger, more Powerful and Faster

Dr L Hennessy, C Buckley, M  
Zagiewja



COACHING IRELAND™  
OILIÚINT ÉIREANN

# Contents

- Strength, Power and Speed
- Optimising Performance
- Functional Competence screening
- The Olympic Lifts
- Integrating the two
- Summary



# SPS

- Many methods used to build SPS
- Coaches vary in their application of these
- Many programmes based on traditional methods used by bodybuilders
- This is a problem as only muscles are trained and movements are neglected



# Optimising Performance



# The Foundation supports all above it



The more stable the base the better the support.... And .....

“You cant launch a rocket from a canoe!”

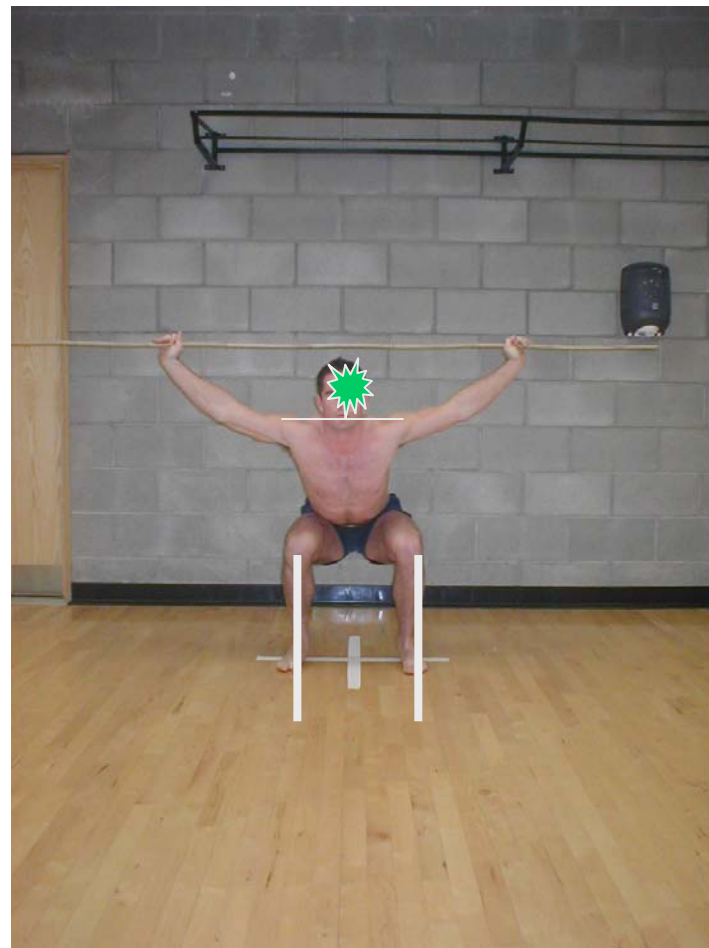
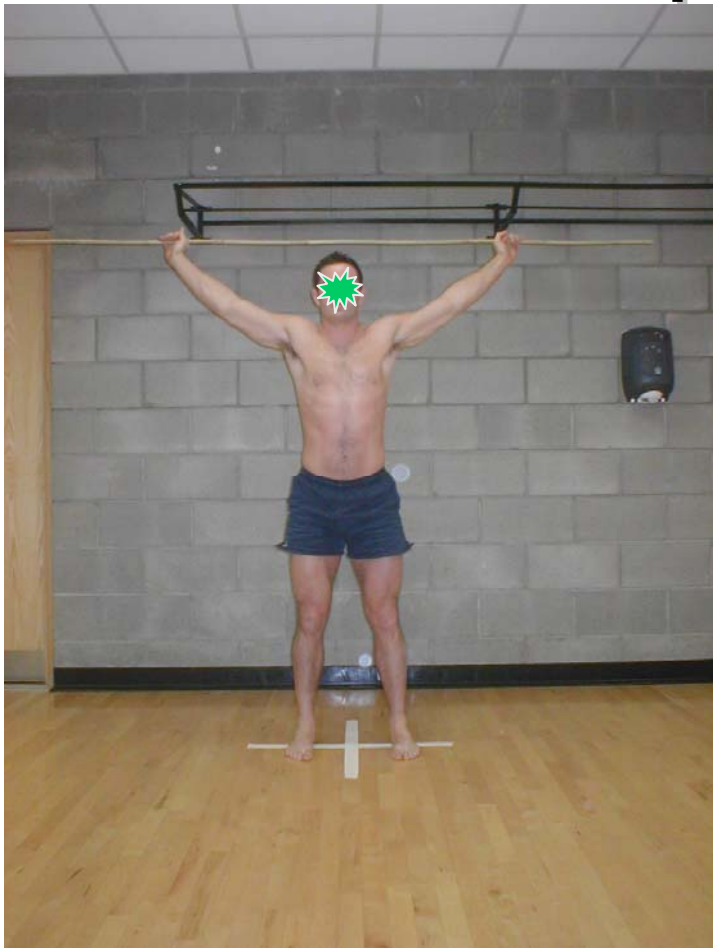


# Functional competence

- FC = the athlete's capability to move through the full ROM in the movements required in his or her sport with ease, stability and efficiency
- An athlete's FC can be determined using simple easy to administer screens and tests.



# O/head Squat Front View



# The O/Head Squat



- ***Most Common Compensations***
- Front view:
  1. Feet turn outwards
  2. Knee(s) buckle in or bow out
- Side view:
  1. Depth limited
  2. Heels rise
  3. Torso falls forward



# Procedure

- Stand with feet shoulder width apart
- In stockings!
- Broom handle overhead
- Squat as low as possible while keeping stable and broom overhead
- Assess each other
- Find most common compensation



# Tight & Weak

Common Compensations	Tightness	Weakness
Feet point out (externally rotate)	Soleus Biceps femoris Piriformis	Glute Medius
Knees buckle in (adduct)	Adductors ITBand	Glute Med & Max
Depth Limited	Soleus, Gastroc, Hip flexors, Quads, Low back	Glutes, Front chin, Core
Torso & Arms fall forward	Latissimus dorsi Pec Major	Middle, Lower traps
Heel(s) rise	Soleus, Gastroc	Glutes



# Stretching Exercises

Common Compensations	Tightness	Exercises
Feet point out (externally rotate)	Soleus Biceps femoris Piriformis	Bent knee wall stretch On back door stretch On back cross leg tuck knee
Knees buckle in (adduct)	Adductors ITBand	Side lunge or straddle sit Side bend, On back cross leg stretch, Stand in one shoe with PPT
Depth Limited	Soleus, Gastroc, Quads, Hip flexors	Wall stretch – st and bnt knee, Lying and standing and kneeling Quad stretch, Hip flexor stretch.....
Torso & Arms fall forward	Latissmus dorsi Pec Major	Bent over long arm stretch Door jam stretch
Heels rise	Soleus, Gastroc,	Wall stretch – straight and bent knee

# Strengthening Exercises

Common Compensations	Weakness	Exercises
Feet point out (externally rotate)	Glute Medius	Single leg Squat Single leg Reach Squat Back/Front – Phases of Clean
Knees buckle in (adduct)	Glute Med & Max	Single leg Squat Single leg Reach Squat Back/Front – Phases of Clean
Depth limited	Glutes	Single leg Squat Lunge, Med ball squat Floor bridge, Sball bridge
Torso & Arms fall forward	Middle, Lower traps	Prone Cobra, I,Y,T,W. Wall slide



# The Olympic Lifts

- The Clean and Jerk
- The Snatch

Modifications of Exercises for sport:

1. Power Clean
2. Phases of Clean (5 + exercises)
3. Power Snatch
4. Phases of Snatch (5 + exercises)



# Training exercise

## Power Clean

The bar is pulled with a close grip in one movement from the floor until you catch the bar on your shoulders.



# Start position Power Clean

Back is flat

Chest is  
spread



Arms are  
extended

Head in front

# Exercises – Phases of the Clean

## For Good FC in O/Head Squat

1. Front Squat
2. Catch (or Rack) and Recovery
3. First pull
4. Second Pull
5. First + Second
6. Full Clean

## For Poor FC in O/Head Squat

1. First Pull (from floor)
2. Functional Exercise – Cross arm squat, stretch calfs....
3. Second Pull
4. Functional Exercise - Seated Row or Horizontal chins...
5. Power Clean



# Steps in Coaching and Learning the Clean Front Squat (for Good Squat Competence athletes)

**A1. Barbell on shoulders. Torso stabilised. Elbows pointing in front (they activate your back muscles to keep the strong stable torso).**



**A2. Keep the whole foot on the floor (the depth of the squat is individually different). Go as far down as you properly can under control.**



**A3. Try to stand up quickly. Tension in back and flat feet. The elbows are always active as you move upwards.**

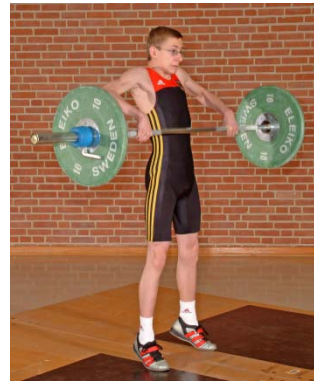


## Steps in Coaching and Learning the Clean *Regrouping – Catch and Recovery*

**B1. Barbell at hip height with straight arms. Stabilised throughout the body. Eyes focused in front.**



**B2. Accelerate the bar with a fast extension of the knees and hips. The bar moves up close to the body.**



**B3. Concentrate on moving the elbows under the bar very fast. Barbell then placed on the shoulders. Go into a deep squat position and stand up.**



# Integrating FC & Lifts

- First step: screen
- Second Step: plan exercises – stretch first then strengthen based on screen –
- Third step – FC training can be done in conjunction with lifts and other training elements
- Next step: Re screen and re adjust programme



# Summary

- Optimal performance depends on several factors
- Functional competence is a key factor
- It should be developed during general strength, power and speed training
- Olympic lifts advance strength, power and speed for virtually all sports
- FC screening and exercise prescription and Coaching the lifts require time and effort to learn – for coach



