

SNATCH PROGRESSIONS HANDBOOK

BY ALLAN YOUNG



STRENGTH
COACH
GLASGOW

Introduction

The snatch requires you to take a wide grip and then accelerate the bar from the floor to overhead in one smooth movement. It is the ultimate test of combined flexibility, stability, speed, power and strength.

It is then no surprise that learning the snatch can be a daunting prospect. That's why I've put together this handy little reference to guide you through the exact methods and drills that I've used to get total beginners snatching.

I like to start with the foundations and then slowly make the movements more difficult as you become comfortable with each stage. This way we can hone in on what is really important and work on slowly building up the lifts bit by bit.

The 4 progressions that I most commonly use are listed below and covered in more detail on each page of this guide. You can click each progression below as well as the pictures on each page for a video demonstration.

[Overhead Squat](#)



[Waist Snatch](#)



[Hang Snatch \(Knee\)](#)



[Hang Snatch \(Floor\)](#)

The Overhead Squat

The Overhead Squat is the foundation of the Snatch. Everything that comes after relies on being stable and comfortable at the bottom of an overhead squat. The goal is to keep the torso stacked as straight under the bar as possible with only the position at the hip changing through the movement.

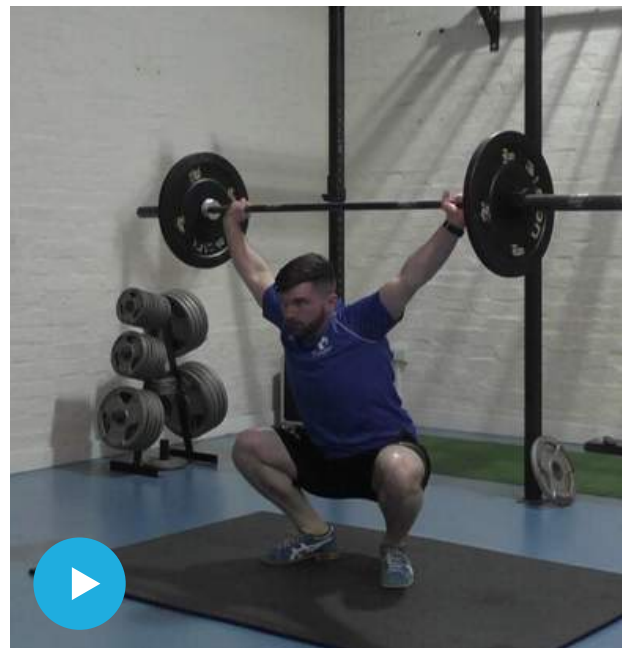


KEY POINTS

- Torso as upright as possible
- Hips as low as possible
- Stable and comfortable stance

The Waist Snatch

The waist snatch is set up from what is commonly known as the 'power position'. This places the bar at the crease of the hip with arms straight, shoulders straight above the bar (chest up) and knees slightly flexed and forward. From this position think about jumping maximally upward to initiate vertical momentum into the bar then jumping your feet into your overhead squat position and punching the fists up to receive the bar simultaneously. Focus on keeping the bar as close to the torso as possible as you move under. Work on receiving the bar lower and lower as you become more accustomed to this drill.



Start with chest high, arms long and loose (bar in hip) and knees slightly flexed and forward

KEY POINTS

- Initiate with maximum vertical jump
- Move feet from pulling to squatting stance
 - Keep bar close throughout
- Feet land and arms lock-out simultaneously

Hang Snatch (Knee)

The goal of the hang snatch from the knee is to get back to the 'power position' while setting the body up to generate maximal acceleration at this point. Set up exactly the same as the Waist Snatch and transition down the thigh to the knee by leaning your chest forward over the bar while pulling your hips and knees back. At the knee the shin should be pretty much vertical, weight distributed slightly towards the rear of the foot and the shoulder slightly in front of the bar. Transition back up to the power position smoothly and as soon as the bar makes contact in the crease of the hip perform the 'jump and catch'. If you were to remove the hang part, the waist snatch should look exactly the same as the previous drill. As you become more familiar with the positions at the knee then you can gradually accelerate the bar more smoothly into and off of the hip.



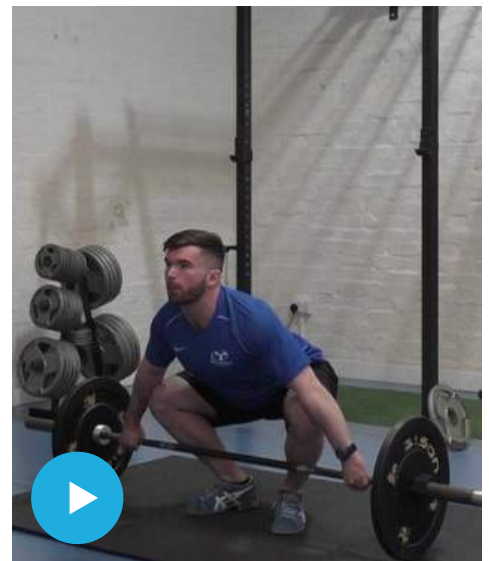
When the bar is at the knee the hips should be back, chest over the bar and shins close to vertical

KEY POINTS

- Set up exactly the same as 'waist snatch'
- Start by pushing chest over / ahead of bar
- As chest moves forward, pull knees and hips back
 - Keep bar close throughout movement
- Return to power position then 'jump and catch'

Hang Snatch (Floor)

Like the hang snatch from knee, the hang snatch from the floor is about getting back through the previous knee then power position efficiently. Set up as before in the power position, transition down to the knee. Maintain that torso angle at the knee by flexing at the knee and hip only. As you reach the floor the knees will be ahead of the bar and the weight will be slightly forward on your foot. Reverse this movement smoothly hitting the same position at the knee (shins vertical etc.) before transitioning to the power position before performing the 'jump and catch'. Move through each position quite deliberately until it feels natural before trying to speed it up. Remember the bar should always be getting faster so you might need to start a bit slower and hold position as you are getting to know the movement.



Maintain the same torso (hips to chest) angle from the knee to the floor and vice versa

KEY POINTS

- Set up exactly the same as the Hang Snatch (knee)
- Move from knee to floor by maintaining torso angle
- Bend knees & shift weight forward as bar approaches floor
- Push ground away (maintain angle) to reverse movement
- Ensure you hit each of the previous positions