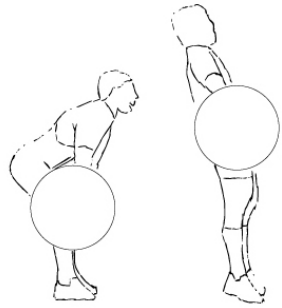

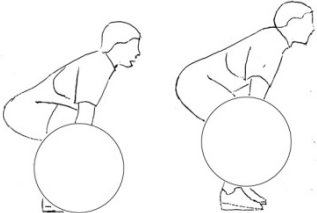
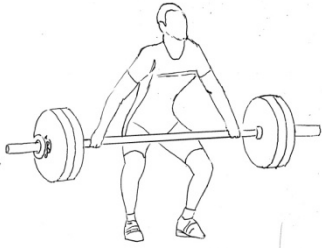
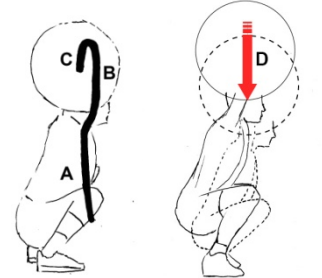


## Snatch – Qualitative Analysis

Technical Element	Illustration	Look for	Needs Attention	Proficient	Excellent	Comment
<b>1</b> Explosive upward leg drive in 2 <sup>nd</sup> pull (pull from knee to extension)		Rapid upward extension of the body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Explosive extension of the legs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Full extension achieved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Keeping hips into bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Head still, no head throwback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>2</b> Stable receiving position		Upright position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Head under bar, not poking forwards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Lumbar spine flatness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Sitting deep, comfortably	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Balanced and stable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>3</b> Keeping back angle the same during the “lift-off”		No noticeable change in back angle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Shins are vertical as bar reaches patella	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Shoulders forward of the bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		No bend in back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Technical Element	Illustration	Look for	Needs Attention	Proficient	Excellent	Comment
<b>4</b> Keeping shoulders over the bar at mid- thigh		Keeping shoulders over the bar at mid- thigh No bending of arms, start to finish Bar contact with thighs, listen for sound Heels on the ground	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<b>5</b> Bar trajectory  (Focus on end of bar, to see movement)		Movement towards body at start (A) Minimal swing of bar away from body (B) Minimal horizontal travel in downward path of bar (C and D) Lifter is able to arrest bar, remain balanced and motionless	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	