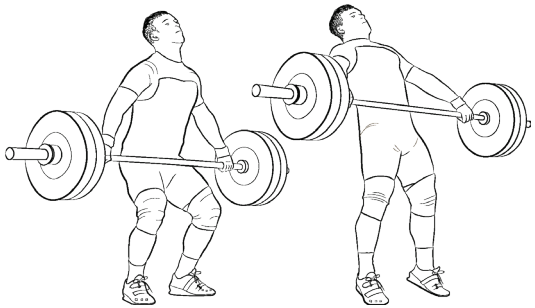
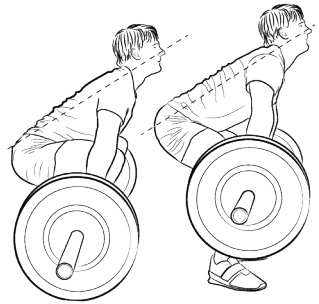
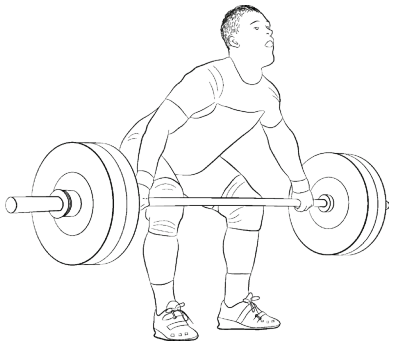
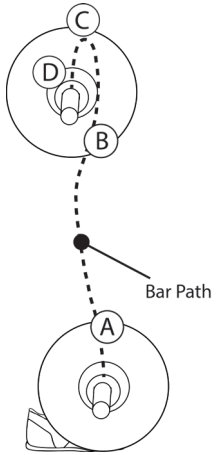
Snatch – Qualitative Analysis

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

❹ 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	☐	☐	☐	
❺ 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	☐	☐	☐	