


Faults and Fixes Chart – Squat

Error	Correction
Athlete does not listen or execute the commands	<p>Consistently remind the athlete of the commands</p> <p>Provide verbal prompts like “Wait” or “Hold it”</p> <p>Verbal praise for success</p>
Athlete does not achieve proper depth	<p>Demonstrate/adjust form/technique</p> <p>Give your athlete verbal Prompt “lower”</p> <p>Consider Flexibility and/or Foot Position</p> <p>Reduce the weight</p> <p>Have the athlete perform lift with no weights</p> <p>Repetition of correct form/technique</p> <p>Verbal praise for success</p>
Athlete has foot movement after squat command has been given	<p>Demonstrate/adjust form/technique</p> <p>Give your athlete verbal prompts</p> <p>Repetition of correct form/technique</p> <p>Verbal praise for success</p>
Athlete does not ascend with weight	<p>Demonstrate/adjust form/technique</p> <p>Repetition of correct form/technique</p> <p>Verbal prompt “up”</p> <p>Reduce weight</p> <p>Verbal praise for success</p>
Athlete leans too far forward in ascent	<p>Demonstrate/adjust form/technique</p> <p>Repetition of correct form/technique</p> <p>Have the athlete perform lift with no weights</p> <p>Verbal prompt “head up or shoulders back”</p> <p>Reduce weight</p> <p>Verbal praise for success</p>

The following describes a competition format for the bench press; athletes should be trained accordingly.

- The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). **The use of the reverse grip is forbidden.**
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- After removing the bar from the racks, with or without the help of the spotter/loaders, the lifter shall wait with elbows locked for the Chief Referee's signal.
 - The signal shall be given as soon as the lifter is motionless and the bar properly positioned. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start."
 - After receiving the signal, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the waistline or top of the belt), hold it motionless on the chest, after which the Chief referee will signal the audible command "Press."
 - The lifter must then return the bar to arm's length.
 - When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.
 - Any change in the elected lifting position during the lift proper (i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor/blocks/plates or lateral movement of hands on the bar) will result in a no-lift.



Coaching Tips for the Bench Press

- Demonstrate the bench press to the athlete and then have the athlete attempt the lift
- As with the squat, the athlete should learn to perform the bench press with little or no initial resistance. A stick can be used to simulate the bar while the athlete performs a high number of repetitions. For the athlete to learn where the bar should rest, the coach may touch the athlete's chest at the sternum to illustrate where the athlete should bring the bar down.
- If needed, assist athlete in setting up on bench (body, hands and feet placement) and encourage "chest high" or "big air". You may need to start with adjusting athletes from the front on the bench then move to the rear of the bench during the lift.
- Make sure eyes are directly below the bar. Hands are placed where the athlete's forearms are vertical and elbows tucked when bar is paused at chest and feet are flat. You may need to move their hands and touch their chest where you want them to bring the bar.
- Hand off if allowed (training and lower level competition).
- Additionally, the coach may place a hand at the point where the bar will be locked out to give the athlete a target for completing the lift. Also note that in competition the coach must move out of the way of the head referee immediately after handing off if allowed.
- Use simple visual, verbal and tactile cues –"hold it", (before start, press or rack commands). "push", "don't stop" after press command.
- You may need to use hands as "targets" for initial lockout, placement on chest and final lockout.
- Don't add too many cues at a time
- Provide critique and praise



A. Placement of Athlete's Hands



B. Placement of Athlete's Head



C. Coach Hands Off to Athlete



D. "Start"



E. Bar Motionless at Chest



F. "Press"



G. "Rack"

