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## Burg's Eye View No. 3

Coach Mike Burgener explains how to fix the path of the bar with athletes of very different proportions.

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By Mike Burgener

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Athletes with different proportions look very different on an Oly platform, and each will require individualized coaching to get into optimal positions. Be that as it may, most aspects of good technique stay the same whether an athlete has long femurs or short ones. You still have to finish the pull, and you still have to get under the bar with junkyard-dog aggression.

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## Burg's Eye ... (continued)

In Burg's Eye View No. 3, Coach Mike Burgener breaks down a 56-kg snatch by Miranda Oldroyd and a 60-kg snatch by Julianne Kennedy. Oldroyd's proportions allow her a more ideal starting position, while Kennedy's long limbs force her into a very different position. Despite their differing proportions, both athletes let the bar get forward and need slight adjustments to perfect their technique.

### Miranda Oldroyd—56-kg Snatch

Miranda has a nice set-up here in her vision before she lifts. This is what Natalie Burgener does to focus on her upcoming lift. Nice!



Miranda's position off the ground is awesome. She is a keeper for sure! Her hips are above her knees, and her shoulders are ahead of the bar, allowing her legs to do the lifting.



The mid-thigh position is right on: she's staying back with feet flat. Note that her back is arched. This is her acceleration position.



I would have liked to have one more frame before this one. It would have shown what I call the "pockets" position. But Miranda has a nice finish and is on her way down, pulling herself under the bar. I sense good speed here.



## Burg's Eye ... (continued)

We could have had a better meeting of the bar in this frame. Miranda is a tad too low in my opinion for receiving this bar where it is. She pulled so hard on the bar that it's very high, and rather than going to the bar she goes to "the hole" a bit too far. I am being picky here!



This young lady is a powerhouse, but she's still a bit forward. Look at her feet. However, she's a very strong and athletic young lady who will lift heavy weights in the future with stronger legs.



Miranda is a bit forward in this receiving position. However, she is strong and she's a great athlete. I'm sure that if more weight was on the bar she would have lost it forward. Technically, Miranda is strong and powerful. Her weakness on this lift is a forward position. As she grows in her experience doing the Oly lifts, watch for big numbers.

"Show me the armpits!" Nice!



### Julianne Kennedy—60-kg Snatch

Julianne's long legs make for adjustments to her starting position.



Note that her hips are unloading here, which can cause a pulling forward of the bar.



Ah-ha! She's coming back nicely. Look at the feet. Nice!



She's in a weak position here: starting the shrug too soon with the knees buckling in.



## Burg's Eye ... (continued)

We'd need one more frame to see if she opened up totally with a strong finish. I sense she did not. However, the bar is nice and close, and I sense she is pulling herself down.



The lack of finish is a result of her being forward here. Also check her internal rotation of the shoulders in the receiving position. This forces the bar forward. I need more external rotation of her receiving position. Check her feet: she's on the toes and is losing this weight forward.



Again, check out the internal rotation of shoulders. Observe that that the weight is on the balls of her feet. She is going forward.



Miss! With a bit of work off the ground and a strong power position, this athlete will snatch a ton of weight. Long-femured athletes need lots of squats and work on hitting the pockets position to enable them to stay back on the pull and on the finish.



Julianne is a great athlete. With work, she'll snatch a ton!



Come see Coach B!



Staff/CrossFit Journal

### About the Author

Coach Mike Burgener is the head coach of CrossFit's Olympic Weightlifting Certifications. *Mike's Gym* in Bonsall, Calif., is a USAW Regional Training Center, and Coach Burgener regularly works with top athletes and beginners there in the company of his unflappable dogs. Coach Burgener's son Casey is a top American lifter and national record holder, and his daughter-in-law Natalie, also a national record holder, competed in the 2008 Beijing Olympics, finishing 12th. Anyone who's worked with Coach Burgener will tell you that his enthusiasm and expertise are always worth a few more kilos on any lift.