Movement Evaluation

866

Exercise(s)

* Squat
* Bench Press
* Deadlift
* Clean
* Front Squat
* Incline Bench Press

Follow the **Checklist** below to complete the assignment

1. Main coaching points you have researched using NSCA, SCSC, and Train Heroic.
   1. Hand placement
   2. Foot position
   3. Body posture (start)
   4. Initial Movement
   5. Mechanics
   6. Breathing
   7. Body posture (finish)
   8. Spotting
2. Film of proper technique
3. Film of classmates
4. Proper movements
5. Coachable movements
6. How can the movement be corrected (Drills)