




WORKSHEET OBJECTIVES

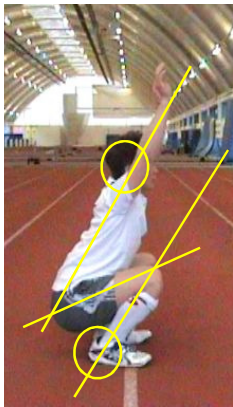
- Enable Fencers and coaches to conduct quick and effective movement screens
- To identify what the Perfect Over Head Squat (OHS) looks like
- To identify common problems with the OHS
- To identify corrective stretches



OHS Side View

What to look for:


- Arms cover ears
- Arms, torso and shins are roughly parallel
- Straight back
- Thighs below parallel
- Heels on the floor



OHS Front View

What to look for:

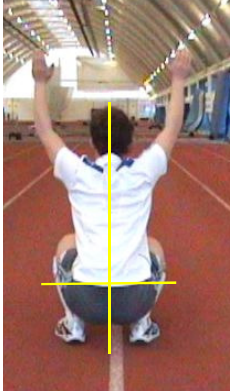
- Both hands should be level
- Feet point forward
- Shins run roughly parallel (i.e., the knees do not point inward)



OHS Back View

What to look for:

- Torso should be straight and not twisting to one side
- Hips should be level
- Heels are flat




COMMON PROBLEMS AND THEIR CORRECTIVE STRETCHES

The coaching points for all stretches, including video demonstrations, is available at: <http://www.britishfencing.com/academy/>

Remember, look for elephants not mice!

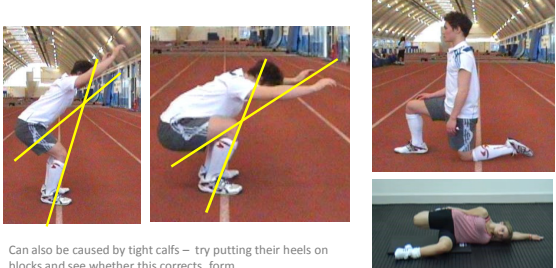
Heels come off the ground

Problem: You may have tight Calves
Solution: Calf stretch



Excessive forward lean

Problem: You may have tight hip flexors
Solution: Hip flexor and quad Stretch



Can also be caused by tight calfs – try putting their heels on blocks and see whether this corrects form

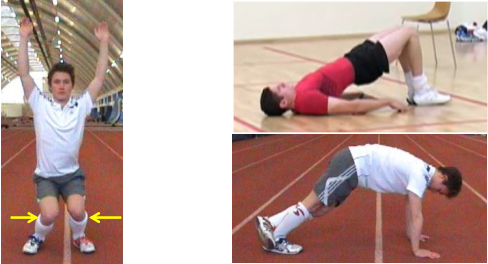
Arms do not cover Ears

Problem: you may have tight lats and/or pecs
Solution: Lat and pec stretch



Knees turn in

Problem: You have tight calves and/or weak glutes
Solution: Glute bridge and calf stretch




A rubber band around the knees can also be used to correct form but please consult your S&C coach first

Torso rotation

Problem: you have one side weaker/tighter than the other
Solution: Keep stretching both sides but slightly emphasise the problem side

Usually you rotate away from the problem side (and towards the better side)

Stretch all muscle groups



Excessive rounding of the lower back

Problem: you may have tight hamstrings
Solution: Stretch your hamstrings

