

# Olympic Weightlifting Technique and PR Evaluation Sheet

## Athlete Information

Name

Date

Coach

## Personal Records (PR)

	Lift	Weight (kg)	Notes
1	Snatch		
2	Clean & Jerk		
3	Front Squat		
4	Back Squat		

## Technique Evaluation

Lift	Phase	Assessment	Comments
Snatch	Setup & Start		
	Pull		
	Catch		
	Overhead		
Clean & Jerk	Setup & Start		
	Clean Pull		
	Clean Catch		
	Jerk		

## General Comments & Observations

**Goals / Action Plan**