Use the following 4-step guide to teach the push jerk to an athlete. This guide will cover 1–2 teaching points in each step of the progression. Focus on using terminology that is simple, concise, and actionable. Aim to check the movement and make one correction after every rep. This guide can be used for beginner and advanced athletes.

<table>
<thead>
<tr>
<th>Step</th>
<th>TEACHING POINT for the step of the progression</th>
<th>TELL the athlete</th>
<th>SHOW the athlete</th>
<th>Have the athlete DO the progression piece</th>
<th>CHECK the athlete’s movement</th>
</tr>
</thead>
</table>
| Step 1 | Jump and land with hands by the sides | • Reach full hip extension on the jump.  
• Land in a sound partial squat. | “Start with a shallow dip by pushing your knees forward and out slightly, then drive through your heels and squeeze your glutes as you jump.” | Demonstrate the movement at 2–3 angles for the athlete to see a vertical torso on the dip and full hip extension on the jump. | Have the athlete do reps on your cadence with a pause in the landing position.  
It will sound like this:  
“Go” — (look for hip extension)  
“Pause” — (look for partial squat)  
“Stand” | Does the athlete reach full hip and knee extension when they jump?  
Does the athlete have a vertical torso in the dip? |
| Step 2 | Jump and land with hands at the shoulders | • Encourage a vertical torso on the dip phase of the movement. | “Continue to focus on squeezing your glutes and making your legs long when you jump.  
Now focus on a shallow and vertical dip by pushing your knees forward and out just a few inches when you start the movement.” | Demonstrate the movement at 2–3 angles for the athlete to see a vertical torso on the dip and full hip extension on the jump. | Have the athlete do reps on your cadence with a pause in the landing position.  
It will sound like this:  
“Go” — (look for a vertical dip)  
“Pause” — (look for partial squat)  
“Stand” | Is the athlete reaching full hip and knee extension in the jump?  
Does the athlete have a vertical torso in the dip? |
| Step 3 | Push jerk with no implement | • Focus on the timing of the “punch,” occurring after full hip extension of the drive phase. | “After you jump, I want you to punch overhead quickly. Simply put, jump, punch, then land in your partial squat with your hands over your head.” | Demonstrate 2–3 reps from different angles and highlight the timing of the press. | Have the athlete do reps on your cadence with a pause in the landing position with hands overhead.  
It will sound like this:  
“Go” — (look for the timing of the jump, then punch)  
“Pause” — (look for locked-out elbows)  
“Stand” | Is the athlete punching the hands overhead after they reach full hip extension? |
| Step 4 | Push jerk with PVC pipe or barbell | • Strive for a vertical bar path.  
• Receive the bar with active shoulders and the bar in the frontal plane. | “Now we get to put it all together! Continue to do what you have been doing. Now focus on receiving the bar with locked arms and the bar over the ankles.” | Demonstrate 2–3 reps at different angles. | Have the athlete do reps on your cadence. Pause in the landing position and stand with the bar remaining overhead. | Did the athlete reach full hip extension?  
Did the bar finish in a good overhead position — active shoulders and in the frontal plane?  
Did the athlete stand up all the way before resetting to the front rack? |