

## Faults and Fixes Chart – Bench Press

Error	Correction
Athlete does not listen or execute the commands	<p>Consistently remind the athlete of the commands</p> <p>Provide verbal prompts</p> <p>Verbal praise for success</p>
Athlete does not achieve proper start position	<p>Consider Foot and/or Body Position</p> <p>Demonstrate/adjust form/technique</p> <p>Give your athlete verbal Prompt like “wait” or “hold it” or “hold it high” while holding bar in place until they can hold it in the locked out position</p> <p>Reduce the weight</p> <p>Have the athlete perform lift with no weights</p> <p>Repetition of correct form/technique</p> <p>Verbal praise for success</p>
Athlete does not hold bar at chest for press command	<p>Demonstrate/adjust form/technique</p> <p>Give your athlete verbal Prompt “wait” or “hold it” while holding bar in place until they can hold for the “press” command</p> <p>Reduce the weight</p> <p>Have the athlete perform lift with no weights</p> <p>Repetition of correct form/technique</p> <p>Verbal praise for success</p>
Athlete raises their head, feet or buttocks	<p>Demonstrate/adjust form/technique</p> <p>Give your athlete verbal prompts “head down”, “butt down”, “feet flat”</p> <p>Reduce the weight</p> <p>Have the athlete perform lift with no weights</p> <p>Repetition of correct form/technique</p> <p>Verbal praise for success</p>

**Error****Correction**

Athlete does not push weight to full extension upon receiving the press command

Demonstrate/adjust form/technique  
Give your athlete verbal prompt “push it” or “don’t stop”  
Reduce the weight”  
Have the athlete perform lift with no weights  
Repetition of correct form/technique  
Verbal praise for success

Athlete does not hold the bar for the signal “rack”

Demonstrate/adjust form/technique  
Give your athlete verbal Prompt “wait” or “hold it” while holding bar in place until they can hold for the “rack ” command  
Reduce the weight  
Have the athlete perform lift with no weights  
Repetition of correct form/technique  
Verbal praise for success