

Faults & Fixes Chart – Deadlift

Error	Correction
Athlete does not listen or execute the command	Consistently remind the athlete of the command Provide verbal prompts Verbal praise for success
Athlete lifts with too much forward lean and/or buttocks high and or bends arms while pulling the weight.	Give your athlete verbal cues. (“touch the bar with your legs, butt down, head up”, “arms straight” Demonstrate/adjust form/technique Reduce the weight Have the athlete perform lift with no weights Repetition of correct form/technique Use tactile cues such as touch forehead, shoulders back of belt to adjust athletes position Verbal praise for success
Athlete supports or “hitches” the weight on the legs	Give your athlete verbal cues (“keep pulling” or “don’t stop”) Demonstrate/adjust form/technique Reduce the weight Have the athlete perform lift with no weights Repetition of correct form/technique Verbal praise for success

Error	Correction
Athlete does not achieve proper finish positions with the shoulders back, knees locked or taking a step	Give your athlete verbal cues. ("finish it" or "shoulders back", "knees straight" or "hold it"). Demonstrate/ adjust form/technique Reduce the weight Have the athlete perform lift with no weights Repetition of correct form/technique Verbal praise for success
Athlete does not maintain control of the bar	Give your athlete verbal cues. ("don't drop it") Demonstrate/adjust form/technique Reduce the weight Have the athlete perform lift with no weights Repetition of correct form/technique Verbal praise for success