Faults and Fixes Chart – Squat

Error	Correction
Athlete does not listen or execute the commands	Consistently remind the athlete of the commands Provide verbal prompts like "Wait" or "Hold it" Verbal praise for success
Athlete does not achieve proper depth	Demonstrate/adjust form/technique Give your athlete verbal Prompt "lower" Consider Flexibility and/or Foot Position Reduce the weight Have the athlete perform lift with no weights Repetition of correct form/technique Verbal praise for success
Athlete has foot movement after squat command has been given	Demonstrate/adjust form/technique Give your athlete verbal prompts Repetition of correct form/technique Verbal praise for success
Athlete does not ascend with weight	Demonstrate/adjust form/technique Repetition of correct form/technique Verbal prompt "up" Reduce weight Verbal praise for success
Athlete leans too far forward in ascent	Demonstrate/adjust form/technique Repetition of correct form/technique Have the athlete perform lift with no weights Verbal prompt "head up or shoulders back" Reduce weight Verbal praise for success