

ANGULAR SHANK LOADING MODEL & INTEGRATED FOOT SHIFT
PROTOCOLS

RDL Coaching Points

1. Stance, hold w/opposite hand

Strength – Wide



Power – In-line



Speed – Narrow



2. 3-Way Foot External



Neutral



Inverted



3. Foot Roll Strength



Power



Speed



4. Squeeze Big Toe

5. Bar Moving Down = Toes Up