**Featured Lift: Pin Start/ “Bottom Up” Squat**

**Benefits:**
- Instills proficiency at the bottom of the lift, building confidence out of the hole.
- Can be adjusted to the specific height and angles necessary (e.g., athletes with restrictions on the angle of knee flexion can use a higher bar).
- Begins with a static start that must be overcome by dynamic effort, which is more specific for certain sports.
- Removes the eccentric portion of the lift, reducing overall load and improving safety (as a ‘fail’ simply means the bar doesn’t move).
- Can be used to overload the CNS, utilizing a load that could not be utilized in a traditional squat.

**How to Properly Perform a Pin Start Squat:**
- Set the bar on the pins at the appropriate height (hip crease at parallel/ below parallel/ above parallel as programming dictates).
- Set up under the bar in a perfect squat position, focusing on a tight lower and upper back. Coaches can at this point correct any technical issues with the bottom position.
- Drive the bar up, focusing on driving through the heels, through the completion of the lift.
- From the top the athlete returns the bar to the pins under control. The eccentric portion can be minimized, or can be prioritized based on programming needs.

**Key Points:**
- The bottom position needs to be perfect. The strength coach should use this static position as an opportunity to improve overall technique.
- This technique can be used with low bar, high bar and front squats, but tends to work better for high and front squats.
- [http://www.youtube.com/watch?v=GGeITW2Mgy4](http://www.youtube.com/watch?v=GGeITW2Mgy4)

**Suggested Reading:**
- **Athletic Body in Balance**
  - Author: Gray Cook
  - Introduction into screening and assessing movement patterns and implementing movement corrections. Introduces concepts expanded upon in the FMS.
Quote of the Month:
“Gold medals aren’t really made of gold. They’re made of sweat, determination, and a hard to find alloy called guts.” - Dan Gable

Staff Profile
Matthew Howley, Assistant Strength and Conditioning Coach

Education: Bachelor's of Exercise and Sports Science from Deakin University, 2009
Master of Exercise Science (Strength and Conditioning) from Edith Cowan University, 2010

Arrival at ND: November, 2011

Sports: Men’s Soccer, Rowing, Men’s & Women’s Golf

Training Philosophy: Coach Matt’s training philosophy is centered around athlete development, while having a major focus on injury prevention and improved sports performance.

The main focus is to provide each sport & athlete with a tailored program addressing specific strengths and weaknesses, while aiming to develop correct movement and skill competency.

Developing a sound, overall strength base while concurrently developing selected bio-motor skills through sports specific conditioning, agility and speed training protocols completes Coach Matt’s training philosophy.

What’s new in Strength and Conditioning: Specialty Bars

A selection of specialty bars allows the Strength and Conditioning professional to implement advanced training protocols with athletes in large groups and individualize programming with athletes with specific needs. For example:


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