The aim of this study is to do research on the effect of power exercises on snatch, clean and jerk and total degrees for the children who compete in the Yıldızlar Category. 24 male athletes who are competitors in the branch of weight lifting participated in the study. These 24 athletes have been divided into 2 groups. 12 athletes are in the training group. 12 athletes are in the control group. In the study, a 4-week power training model has been applied to the training group. The measurements of the training group have been taken in Eryaman (TOHM) Turkish Olympics Center. The control group has done weight lifting training methods only. The measurements of this group have been taken in Ankara Sesam Weightlifting Center. The snatch, clean and jerk and total degrees have been taken in the training group and the control group. The training group has done power training for 3 days a week for 1 hour between 16.00 and 19.00 on Tuesdays, Thursdays and Fridays. This training has been done apart from snatch, clean and jerk, squat which are the basic techniques of weightlifting. In the study, SPSS 24.0 programme has been used to obtain the statistical results. In-group paired sample t-test has been applied to see if there is a difference or not before and after training Level of significance has been evaluated according to “p<0.05”. At the end of the study, it has been seen that the power training which has been applied to the training group has affected the snatch and clean and jerk movements. The characteristic which separates power training from strength training is duration. It can be said that power training has remarkable contribution when applying the techniques and movements. Accordingly, we think that when forming a training model, the application of power training offers an advantage to athletes so trainers should include power training.

**Key Words:** Power, Breakout, Shrinking, Total