



THROWING CHAIN REACTION™ SYSTEM - #TCR™

TECHNICAL MISTAKES IN THE ROTATIONAL THROWS
5 Critical Differences Between Discus & Rotational Shot Put!

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www.AreteThrowsNation.com



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ACKNOWLEDGEMENTS

Ohio Association of Track & Cross Country Coaches
My Lovely Wife Jennifer aka "Mrs Arete"

Thank You



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WHAT ARE YOU LOOKING FOR?
UNDERSTANDING DISCUS TECHNIQUE?
OR IS IT SOMETHING MORE?

I BELIEVE EVERYONE ONE OF
YOU VALUES 1 THING...



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LEARNING THE THROWS
WATCH YOUTUBE!!
START-MIDDLE-FINISH



DO THIS. DO THAT.

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THAT'S THE THROW.
THAT'S HOW YOU DO IT.
GO DO IT!



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FAKE IT TIL YOU MAKE IT
RESULTS IN THE THROWER Slips
Farther And Farther From Their True
Throwing Potential As They Form Bad
Habits Technically, Mentally, And Even
In Strength Levels.

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THROWS COACHING REALITY

<p>1. What type of athlete do we have?</p> <p>Driven/Something to Do</p> <p>Below Average</p> <p>Average</p> <p>Potential</p> <p>Talented</p>	<p>2. What Variables Limit the Throw</p> <p>POOR KCR (STT)</p> <p>POOR GPI</p> <p>POOR FEEDBACK MECHANISM</p>	<p>3. What Do we do Technically?</p> <p>Athlete Ability</p> <p>Variables</p> <p>2 seconds</p> <p>TCR</p> <p>6 pillars</p> <p>Pillar Connection</p> <p>Training RX</p>
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<p>4. How many Drills, Throws, Total Reps To Train Properly</p> <p>Pillar Drill Rx</p> <p>PC + Pillar Drills</p> <p>1 + 10</p>	<p>5. How to We remove strength Limitations</p> <p>Block Periodization</p> <p>GPR</p> <p>IM</p>	<p>6. What do we do To Accelerate Physical Results?</p> <p>EAT LIKE AN ATHLETE</p> <p>Recovery Focus</p> <p>Supplements</p>
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ATN RESULTS
THROWING CHAIN REACTION™ SYSTEM

THE STARS DO NOT REPRESENT THE STRENGTH OF THE SYSTEM.

- It's the 90-97 foot throwers that goes to 130
- The 35 footer that goes to 45
- The 45 footer that goes to 62
- The 120 footer that goes to 150
- The kid that has no business throwing 160- that throws 160.

THE TCR simplifies the complexity.

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THE 6 PILLARS OF THE TCR™ ROTATIONAL THROWS



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1. SET-UP THE TRIGGER ACTION
2. SET UP MAXIMUM POWER
3. DROP-IN & APPLY MAXIMUM SPEED
4. AXIS TRANSITION
5. LOCK DOWN EXPLOSIVE POWER
6. DELIVERY: FINISH BIG



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PILLAR CONNECTION PROGRESSION™ ROTATIONAL THROWS



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1. PRE-BLOCK
2. STAND THROW
3. MODIFIED WHEEL
4. SOUTH AFRICAN
5. PILLAR 2 START
6. WIND-UP 1 START



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THE CRITICAL DIFFERENCES BETWEEN THE SHOT PUT AND THE DISCUS

1. Ring Size
2. Implement Weight
3. Proximity to the body
4. Orbit
5. Radius
6. Delivery Angle
7. Set-up
8. Rhythm



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COACHING POINTS:



Pillar 2: Setting Up maximum Power
Knees apart.
Double Support
Path of left shoulder and Arm
Sprint Angle
All Slightly Different.



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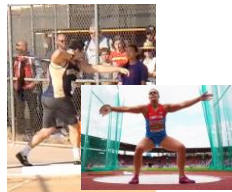
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PILLAR 1: WIND-UP: SET-UP TRIGGER ACTION



1. The Object of the the Wind up is to set up separation to set up stretch reflex and the sprint leg axis and Orbit, and Entry Path of the throw
2. Therefore the Positions and movement in Pillar 1 are critical to the success of the throw.
3. Stay Upright w/Hips Under Shoulders
4. Wind Side Locks
5. Active Path of Balance/Block Arm



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PILLAR 2: SET-UP MAXIMUM POWER



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PILLAR 3: DROP-IN & APPLY MAXIMUM SPEED



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PILLAR 4 - AXIS TRANSITION



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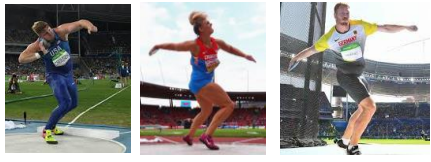


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PILLAR 5 - LOCK DOWN POWER



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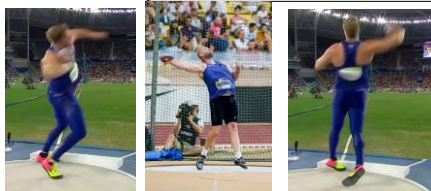


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PILLAR 6 - FINISH BIG: DELIVERY



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IF YOU DON'T HAVE A PLAN TO DIFFERENTIATE THE TWO AND TEACH IT DIFFERENTLY . . . YOU'LL HAVE RHYTHM CONFLICTS and learning Issues.

VITAL TO WORK THE DIFFERENCES INTO YOUR TRAINING and shift gears on the days throwers throw both.



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QUESTIONS & THANK YOU

I Hope this was helpful and helps you unlock some of your throwers potential.

For ATN- TCR™ program Info visit. <https://aretethrowsnation.com/lp/tcr-system-membership/>

USE CODE OHIOTF FOR SYSTEM SUBSCRIPTION DISCOUNT.



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