



THROWING CHAIN REACTION™ SYSTEM - #TCR™

A 17 FOOT PR!?! MAKING THE TRANSITION FROM GLIDE TO ROTATIONAL SHOT:

When To Make The Transition And How To Make It Less Complicated For Big Results!

Erik Johnson
HEAD COACH: ARETE THROWS NATION™
www.AreteThrowsNation.com



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

1



THROWING CHAIN REACTION™ SYSTEM - #TCR™

ACKNOWLEDGEMENTS

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

Thank You



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

2



THROWING CHAIN REACTION™ SYSTEM - #TCR™

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

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



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

3



THROWING CHAIN REACTION™ SYSTEM - #TCR™

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



DO THIS. DO THAT.

©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited



4



THROWING CHAIN REACTION™ SYSTEM - #TCR™

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



GO DO IT!

©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited



5



THROWING CHAIN REACTION™ SYSTEM - #TCR™

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.

©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited



6



THROWING CHAIN REACTION™ SYSTEM - #TCR™

GLIDE to ROTATION

- INDICATORS- TO GLIDE OR ROTATE?1...
- DISCUS ABILITY
- GREATER POTENTIAL
- AVERAGE CONVERSION

©ARETE THROWS NATION™- Unauthorized Duplication or Distribution is Prohibited



7



THROWING CHAIN REACTION™ SYSTEM - #TCR™

GLIDE to ROTATION

- TIME TO MAKE THE SWITCH?
- WHEN TO KEEP GOING OR PULL THE PLUG?

©ARETE THROWS NATION™- Unauthorized Duplication or Distribution is Prohibited



8



THROWING CHAIN REACTION™ SYSTEM - #TCR™

GLIDE to ROTATION

- ROTATIONAL THROWS CONFLICTS- DECISIONS
- GLIDE CARRY OVER
- HOW LONG TO BECOME GOOD?

©ARETE THROWS NATION™- Unauthorized Duplication or Distribution is Prohibited



9



THROWING CHAIN REACTION™ SYSTEM - #TCR™

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>
---	---	---



©ARETE THROWS NATION™ - Unauthorized Duplication or Distribution is Prohibited

10



THROWING CHAIN REACTION™ SYSTEM - #TCR™

<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>
--	---	---



©ARETE THROWS NATION™ - Unauthorized Duplication or Distribution is Prohibited

11



THROWING CHAIN REACTION™ SYSTEM - #TCR™

SCIENCE : PLAY BY THE RULES

- Physics** | **Biomechanics** | **Kinematics** | **Kinetics**
- Physics** Mass (Thrower & Implement) and Energy (Force to move the Thrower and Implement. Centrifugal, Friction, Transfer of momentum. The Thrower becomes the vehicle to apply the above to throw the Implement. Newtons 3 laws.
- Biomechanics** The Analysis of the movement patterns of the body structure, muscles & joints to develop precise technical improvement. Newtons 3 laws of motion, Inertia, Acceleration, Action/Reactions
- Kinematics** Mechanics concerned with Motion, Time, Velocity. **Simply Put RHYTHM of the Throw**
- Kinetics** The study of forces and rates, that cause reactions and motion and its **causes**. Linear and Angular Momentum



©ARETE THROWS NATION™ - Unauthorized Duplication or Distribution is Prohibited

12



THROWING CHAIN REACTION™ SYSTEM - #TCR™

WHAT IS THE THROWING CHAIN REACTION?



• n: a series of technically related movements where each one initiates the optimal execution of the next movement in the chain. Initiated by a Trigger Action.

©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited



13



THROWING CHAIN REACTION™ SYSTEM - #TCR™

LINEAR VS ROTATIONAL



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited



14



THROWING CHAIN REACTION™ SYSTEM - #TCR™

VIDEO and Q&A



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited



15



THROWING CHAIN REACTION™ SYSTEM - #TCR™



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution Prohibited



16



THROWING CHAIN REACTION™ SYSTEM - #TCR™

THE 6 PILLARS OF THE TCR™ ROTATIONAL SHOT

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

©ARETE THROWS NATION™. Unauthorized Duplication or Distribution Prohibited



17



THROWING CHAIN REACTION™ SYSTEM - #TCR™



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution Prohibited



18



THROWING CHAIN REACTION™ SYSTEM - #TCR™

PILLAR 1 - SET -UP TCR™ TRIGGER



- 1. Set-up 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. Right Side Locks (Left 4 Lefty's) Via Flat Foot Which stops Lower body Rotation
- 5. Active Path of Rotational Left Arm



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

19



THROWING CHAIN REACTION™ SYSTEM - #TCR™

PILLAR 2 - SET -UP MAXIMUM POWER



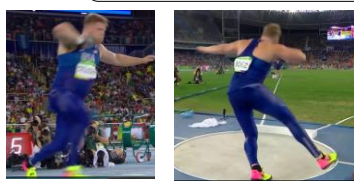
©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

20



THROWING CHAIN REACTION™ SYSTEM - #TCR™

PILLAR 3 - DROP-IN & APPLY MAXIMUM SPEED



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

21



THROWING CHAIN REACTION™ SYSTEM - #TCR™

PILLAR 4 > TWIST & WRAP (AXIS TRANSITION)



©ARETE THROWS NATION™ - Unauthorized Duplication or Distribution is Prohibited



22



THROWING CHAIN REACTION™ SYSTEM - #TCR™

PILLAR 5 > LOCK DOWN POWER



©ARETE THROWS NATION™ - Unauthorized Duplication or Distribution is Prohibited



23



THROWING CHAIN REACTION™ SYSTEM - #TCR™

PILLAR 6 > FINISH BIG: DELIVERY



©ARETE THROWS NATION™ - Unauthorized Duplication or Distribution is Prohibited



24



THROWING CHAIN REACTION™ SYSTEM - #TCR™

PILLAR CONNECTION: 7 PART PROGRESSION

- 1. Pre-Block-
Teach How to Move the Delivery side around & past the block
- 2. Stand throw
Set the Angle- Roll And Learn how to Set separation, Double loaded legs
- 3. Modified Wheel
Transfer from Sprint to Delivery leg! Orbit, Leg Load
- 4. South African
Pillar 2.5-6-Set the proper path of the entry side system Entry Arm and Leg sequence. Not Random Drop In**



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

25



THROWING CHAIN REACTION™ SYSTEM - #TCR™

PILLAR CONNECTION: 7 PART PROGRESSION

- 5. Pillar 2 start
Set the proper path of the entry side system Left Arm and Leg sequence.
Not Random Drop In and
- 6. Wind-Up 1 start
Set up stretch Reflex and path of Entry side system
- 7. Full Throw
PUT IT ALL TOGETHER



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

26



THROWING CHAIN REACTION™ SYSTEM - #TCR™

TCR PILLAR CONNECTION & MASTERY (WALL THROWS & IN THE RING)

- 1. PRE-BLOCK - Pillar 3
- 2. STAND THROW - Pillar 5, 6
- 3. MODIFIED WHEEL - Pillar 3, 4, 5, 6
- 4. SOUTH AFRICAN 2, 3, 4, 5, 6
- 5. FULL THROW - Full TCR

PILLAR CONNECTION



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

27



THROWING CHAIN REACTION™ SYSTEM - #TCR™

PILLAR 2 START



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

28



THROWING CHAIN REACTION™ SYSTEM - #TCR™

SOUTH AFRICAN



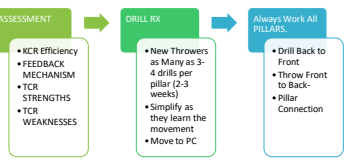
©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

29



THROWING CHAIN REACTION™ SYSTEM - #TCR™

IMPLEMENTING THE THROWING CHAIN REACTION™



- ASSESSMENT**
- KCR Efficiency
 - FEEDBACK MECHANISM
 - TCR STRENGTHS
 - TCR WEAKNESSES

- DRILL RX**
- New Throwers as Many as 3-4 drills per pillar (2-3 weeks)
 - Simplify as they learn the movement
 - Move to PC

- Always Work All PILLARS.**
- Drill Back to Front
 - Throw Front to Back-
 - Pillar Connection



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

30



THROWING CHAIN REACTION™ SYSTEM - #TCR™

VOLUME LEADS TO FASTER RESULTS



- ITS ALWAYS ABOUT THE TCR™:
 - Master Pillar 1, 2, 3
- NEW THROWERS NEED VOLUME.
 - DRILLS & WALL THROWS = RAPID VOLUME
- CRUSH WEAK PILLARS
 - BY DRILLING THE PROPER PATTERN
- STRENGTHEN AND RE-TRAIN THE MOVEMENT.
 - Drill RX
 - Strength Training to Improve KCR



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

31



THROWING CHAIN REACTION™ SYSTEM - #TCR™



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

32



THROWING CHAIN REACTION™ SYSTEM - #TCR™

CONNECT & FOLLOW

FOLLOW ATN & GET FREE THROWS COACHING TIPS, VIDEOS, AND AN INSIDE PEEK TO THE TCR™ SYSTEM.

Get the "how" behind all ATN practices, technique, analysis & throw coaching tips.

Subscribe to ARETE THROWS NATION TV and get access to hours of throw coaching tips, drills, and ALUMNUS/LEGEND footage.

Access the latest feeds in the world of throws with Coach Andrew & stay up to date on everything ATN.

Follow the behind the scenes @ARETE of Coach Andrew and the ATN Alumni team.

Catch up on throw coaching tips, stats, and other analysis.

FREE WEEKLY TIPS AND 6 FREE VIDEOS

www.AreteThrowsNation.com EMAIL: Coach@aretethrowsnation.com



©ARETE THROWS NATION™. Unauthorized Duplication or Distribution is Prohibited

33



THROWING CHAIN REACTION™ SYSTEM - #TCR™

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.**



©ARETE THROWS NATION™ - Unauthorized Duplication or Distribution is Prohibited