



THROWING CHAIN REACTION™ SYSTEM - #TCR™

THE ULTIMATE DISCUS FORMULA

FOR THROWS COACHES- TCR PROGRAM

A TIME SAVING SYSTEM TO PRODUCE HUGE PR'S & WIN CHAMPIONSHIPS!

Erik Johnson

HEAD COACH: ARETE THROWS NATION™

www.AreteThrowsNation.com





ACKNOWLEDGEMENTS

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

Thank You





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SUCCESS DOESN'T JUST
COME AND FIND YOU,
YOU HAVE TO GO
OUT AND GET IT.





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QUICK BACKGROUND

**THROWER TURNED COACH
FULL TIME PRIVATE THROWS COACH**





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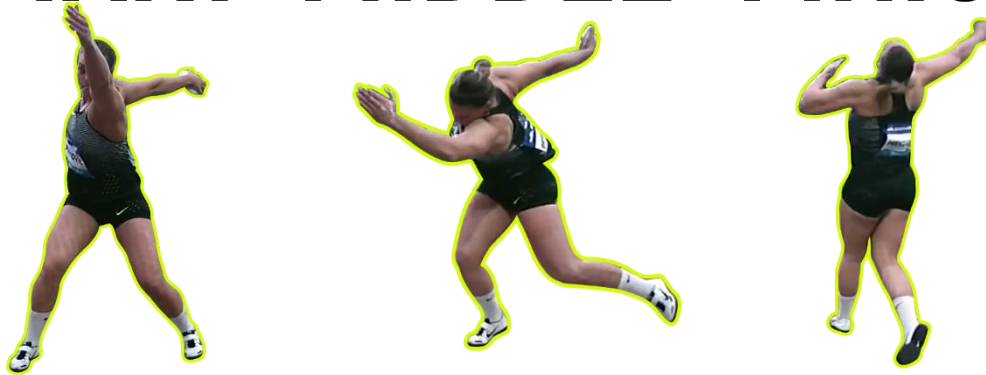
WHAT ARE YOU LOOKING FOR?
UNDERSTANDING DISCUS TECHNIQUE?
OR IS IT SOMETHING MORE?

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





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!**





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.





THROWS COACHING REALITY

1. What type of athlete do we have?

Driven/Something to Do

Below Average

Average

Potential

Talented

2. What Variables Limit the Throw

POOR KCR (STT)

POOR GPI

POOR FEEDBACK MECHANISM

3. What Do we do Technically?

Athlete Ability

Variables

2 seconds

TCR

6 pillars

Pillar Connection

Training RX





4. How many Drills, Throws, Total Reps To Train Properly

Pillar Drill Rx

PC + Pillar Drills

1 + 10

5. How to We remove strength Limitations

Block Periodization

GPR

IM

6. What do we do To Accelerate Physical Results?

EAT LIKE AN ATHLETE

Recovery Focus

Supplements



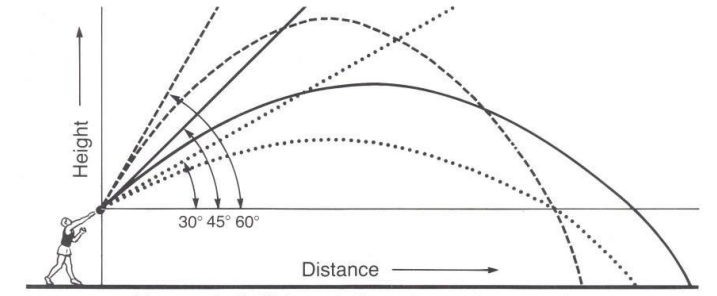
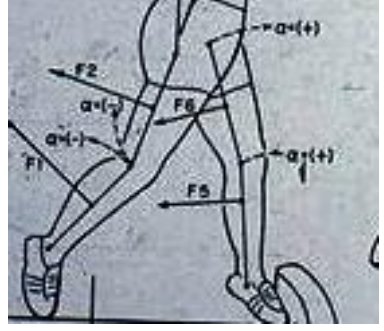


- **ANGULAR**
- **LINEAR**
- **ROTATIONAL**





SCIENCE : PLAY BY THE RULES



The parabolic flight path for various release angles

• 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 positions. The Positions behind Newtons 3 laws of motion. Inertia, Acceleration, Action/Reactions

Kinematics

Mechanics concerned with Motion. Time, Velocity. **Simply Put RHYTHM of the Throw**

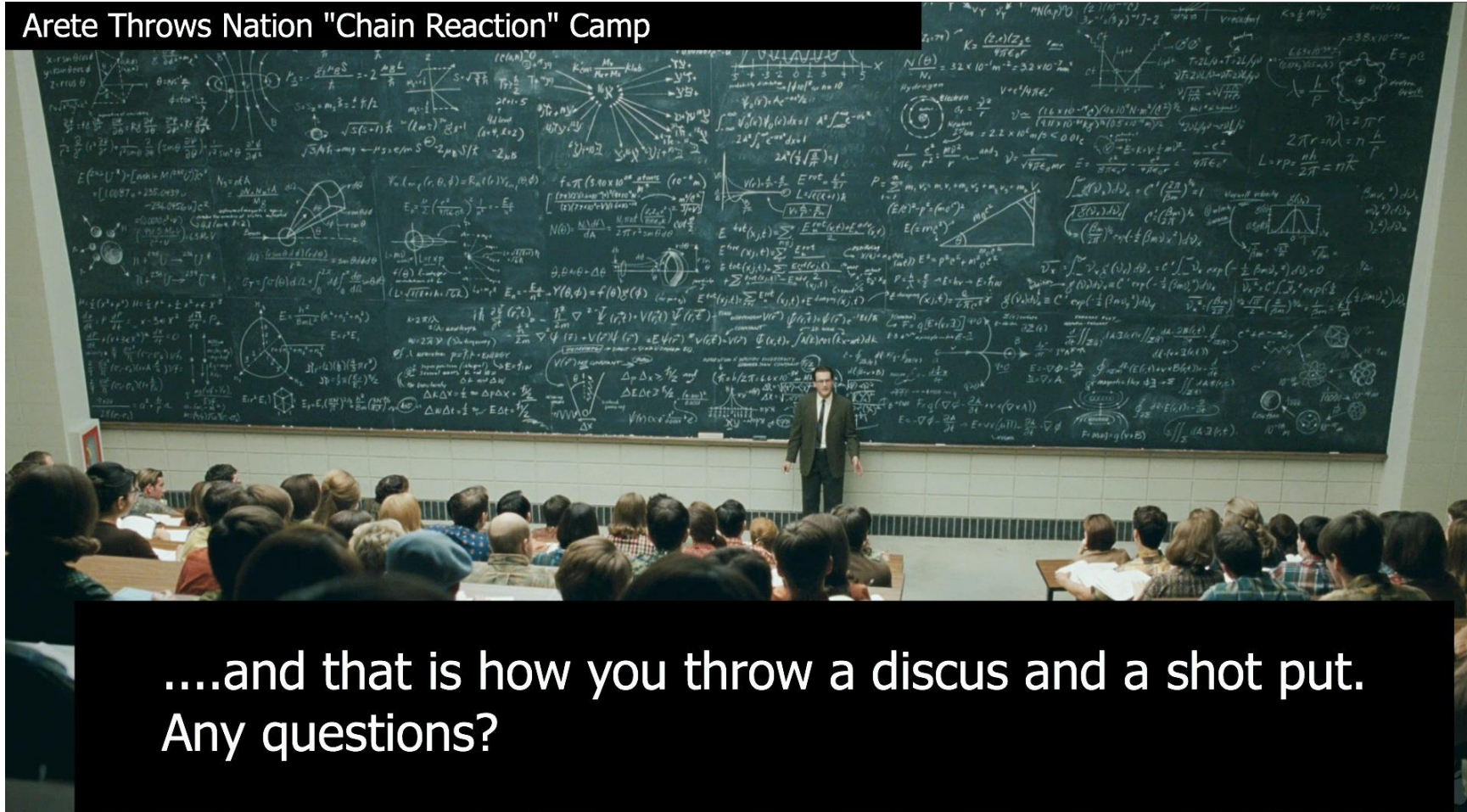
Kinetics

The study of forces and rates, that cause reactions and motion and its causes. Linear and Angular Momentum





Arete Throws Nation "Chain Reaction" Camp



....and that is how you throw a discus and a shot put.
Any questions?





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**LEARNING A TIME
SAVINGS, RESULTS
PRODUCING SYSTEM!**





THE 6 PILLARS OF ROTATIONAL THROWS



- 1. Set-up The TCR TRIGGER**
- 2. Set Up Maximum Power**
- 3. Drop-in & Apply Maximum Speed**
- 4. TWIST & WRAP Axis Transition**
- 5. Lock Down Explosive Power**
- 6. DELIVERY: Finish Big**





THROWING CHAIN REACTION



- **n: a series of technical movements related to each other and each one initiates the optimal execution of the next movement in the chain. Initiated by a Trigger Action.**





THROWING CHAIN REACTION™ SYSTEM - #TCR™

You MUST Set Up The Throw Correctly...
or You WILL Continue to Struggle!



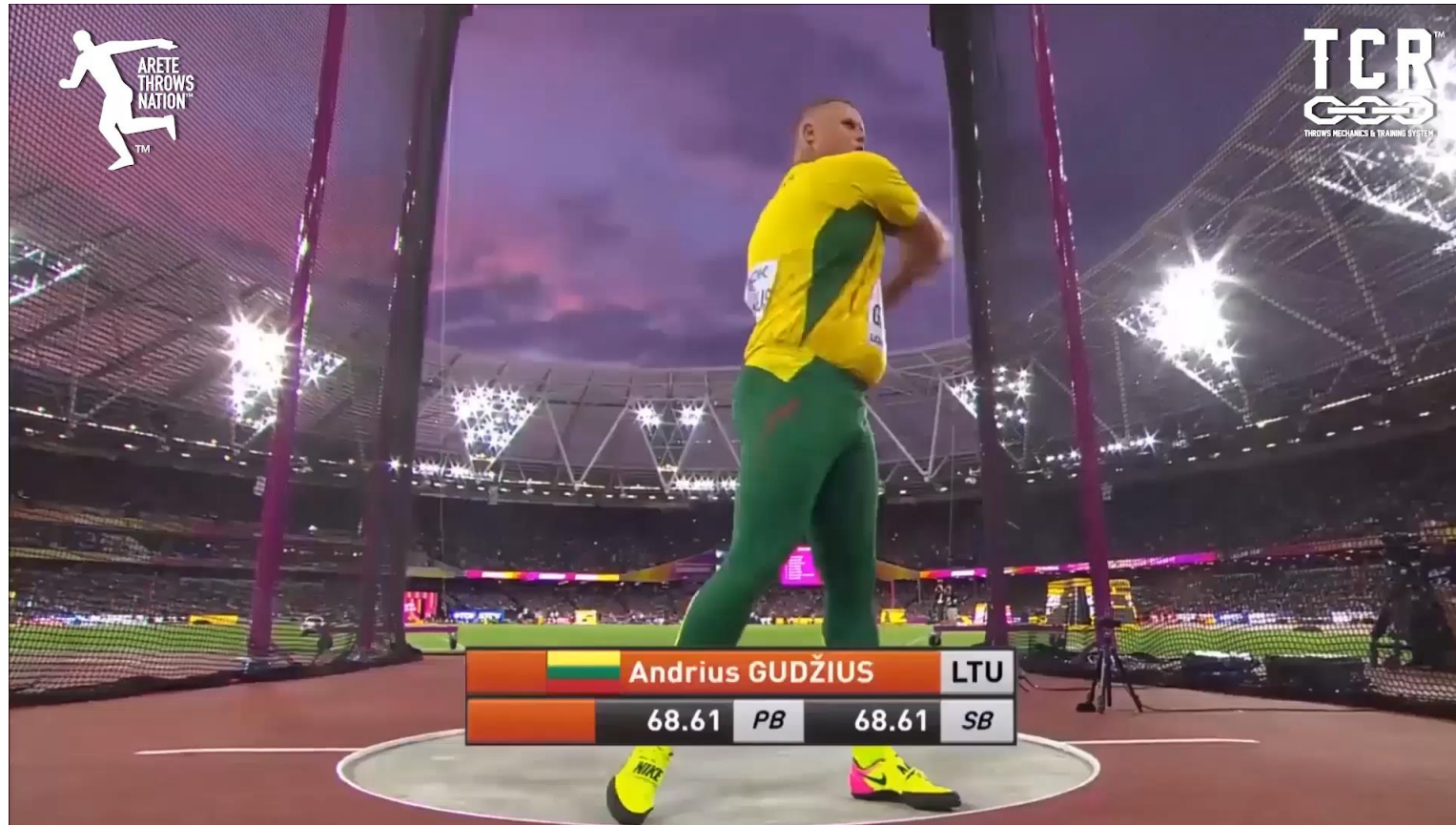


Up The Throw Correctly...





You MUST
Set Up The Throw Correctly...
or You WILL Continue to Struggle!





Understanding The Science Prevents Confusion Between Style and Mechanics



Piotr Malachowski 6'4" / 295lbs



Robert Harting 6'7" / 285lbs





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Don't Let This Happen To Your Throwers!

Take Time To Set Up Pillar 1

- Bad positions are the RESULT of lack of technical knowledge.
- Strength Related Issues also negatively impact the Feedback mechanism.



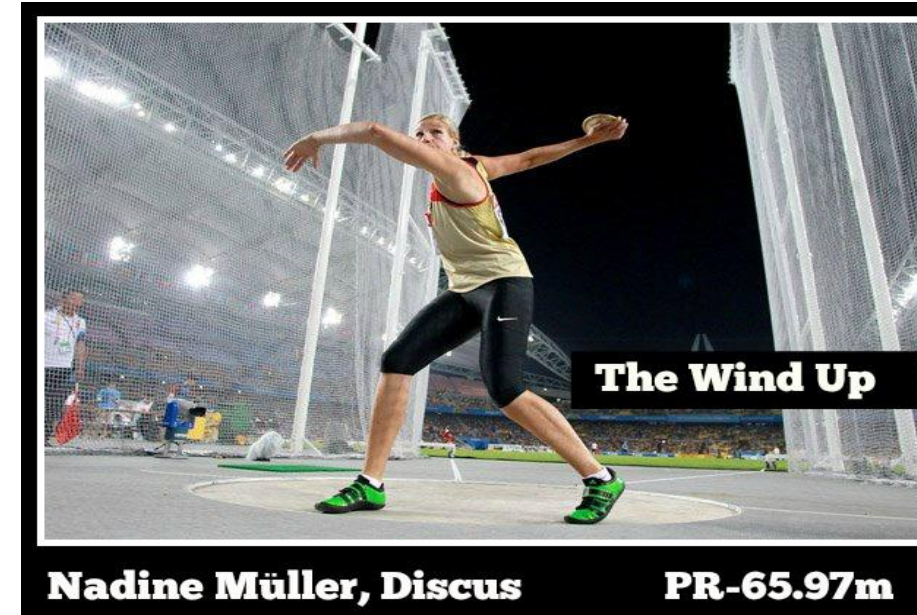


PILLAR 1 = The Initial Action of the TCR

The DISCUS PILLAR 1

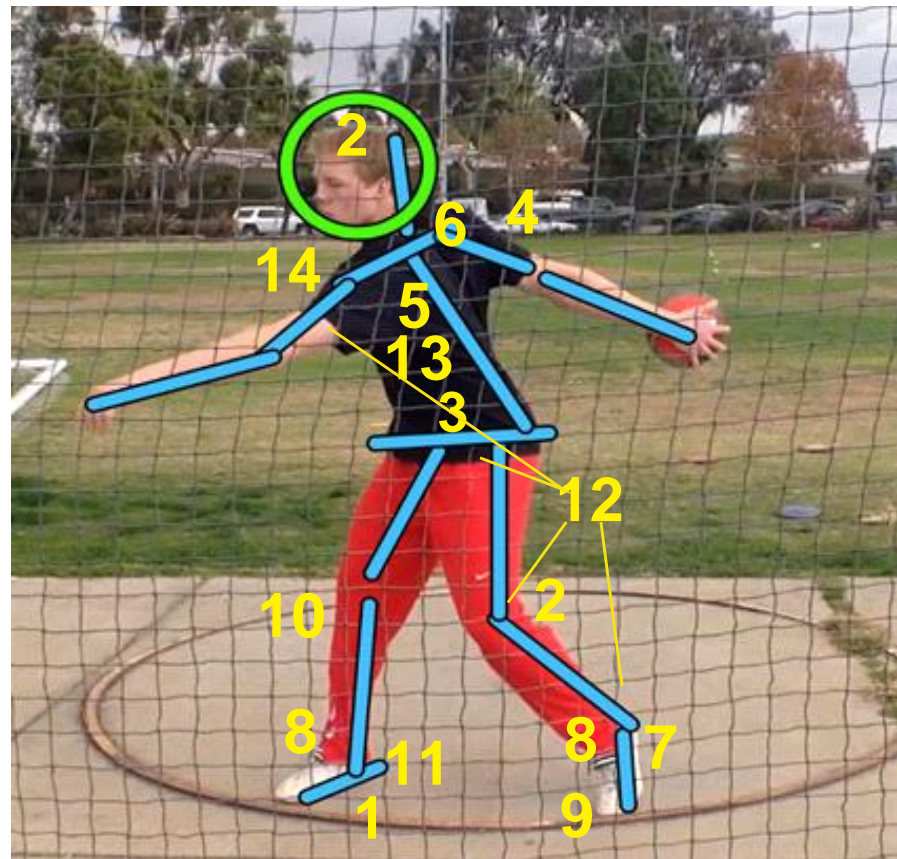
Has 5 main
objects.
Sequene it
in 3 steps.

- The Trigger
action sets up the
throw the right
way, or have it go
down in flames!





PILLAR 1: THE KEY TO MASTERING THE THROWING CHAIN REACTION





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Season Training Plan—Who, What, Where, When

- What do you do At practice, in the weight room, and nutritionally. All phases need to be addressed. Use the Throwing Chain Reaction





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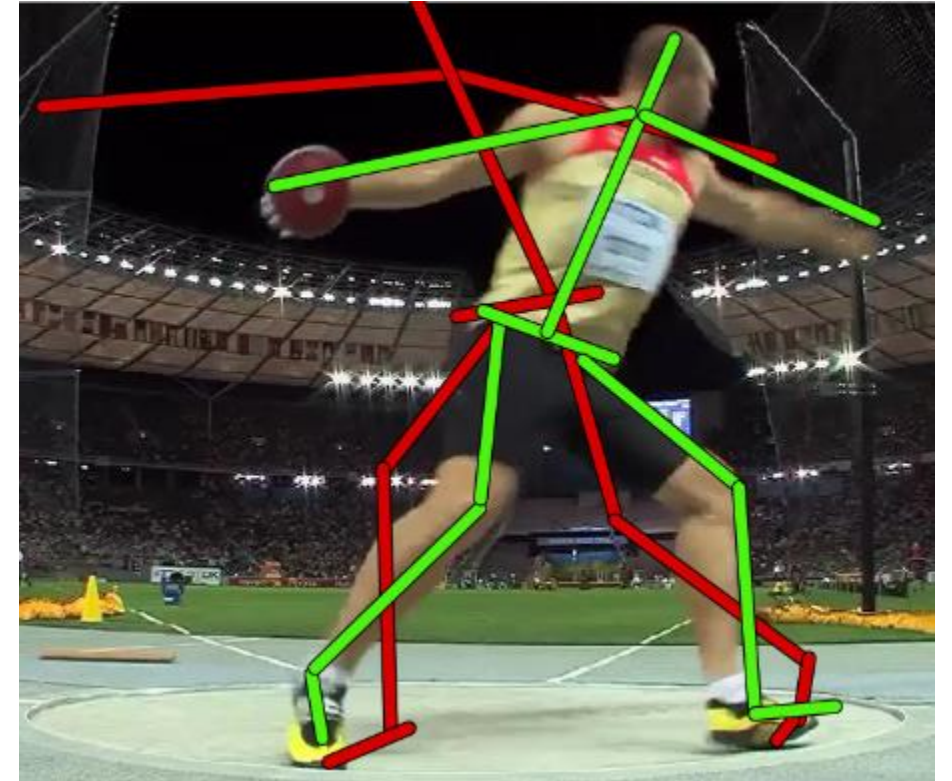


ANALYZING POSTIONS

- Same video... Different Opinions
- Clear this Up by trying to See the Science

TIPs:

- Watch Elite Throwers
- Choose the Right Technical Models
- Compare your guys to Elite Guys Side by side.





POSTURE IMBALANCES EFFECT THE THROW: Sometime Significantly Sometimes Mildly

In all cases:
Posture Imbalances Effect Technical
Development!! (Inside STT course)
Look for this in your throwers.





THE 6 PILLARS OF THE TCR DISCUS

- 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**



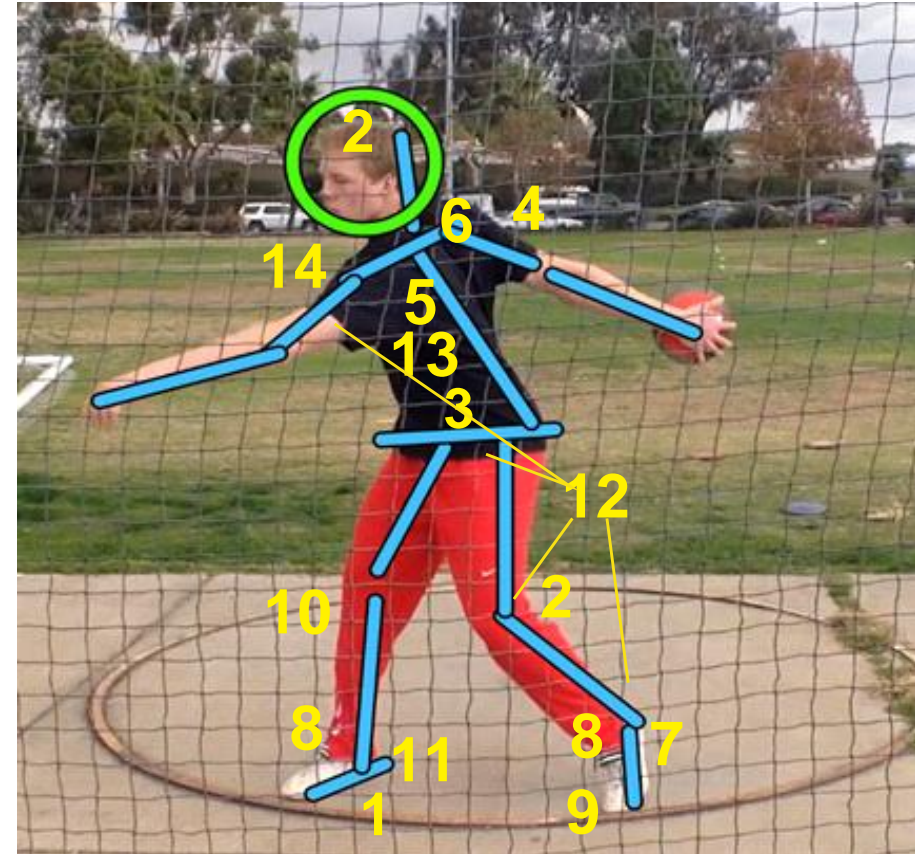


PILLAR 1 → SET-UP THE TRIGGER ACTION





- THE 5 GOALS OF THE PILLAR 1 TRIGGER.
- SET UP ALL THE KEY POINTS.





PILLAR 1

SET-UP THE TRIGGER ACTION





PILLAR 2 ➤ SET –UP MAXIMUM POWER





PILLAR 3



APPLY MAXIMUM SPEED





PILLAR 4 → TWIST & WRAP-AXIS TRANSITION





PILLAR 5



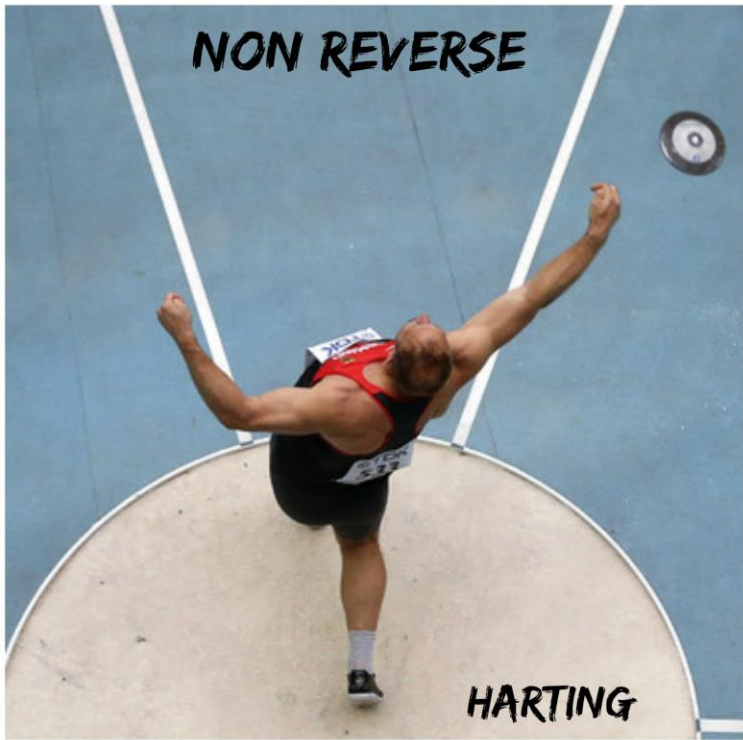
LOCK DOWN POWER





PILLAR 6

FINISH BIG: DELIVERY





PILLAR 6 – FINISH BIG: Delivery



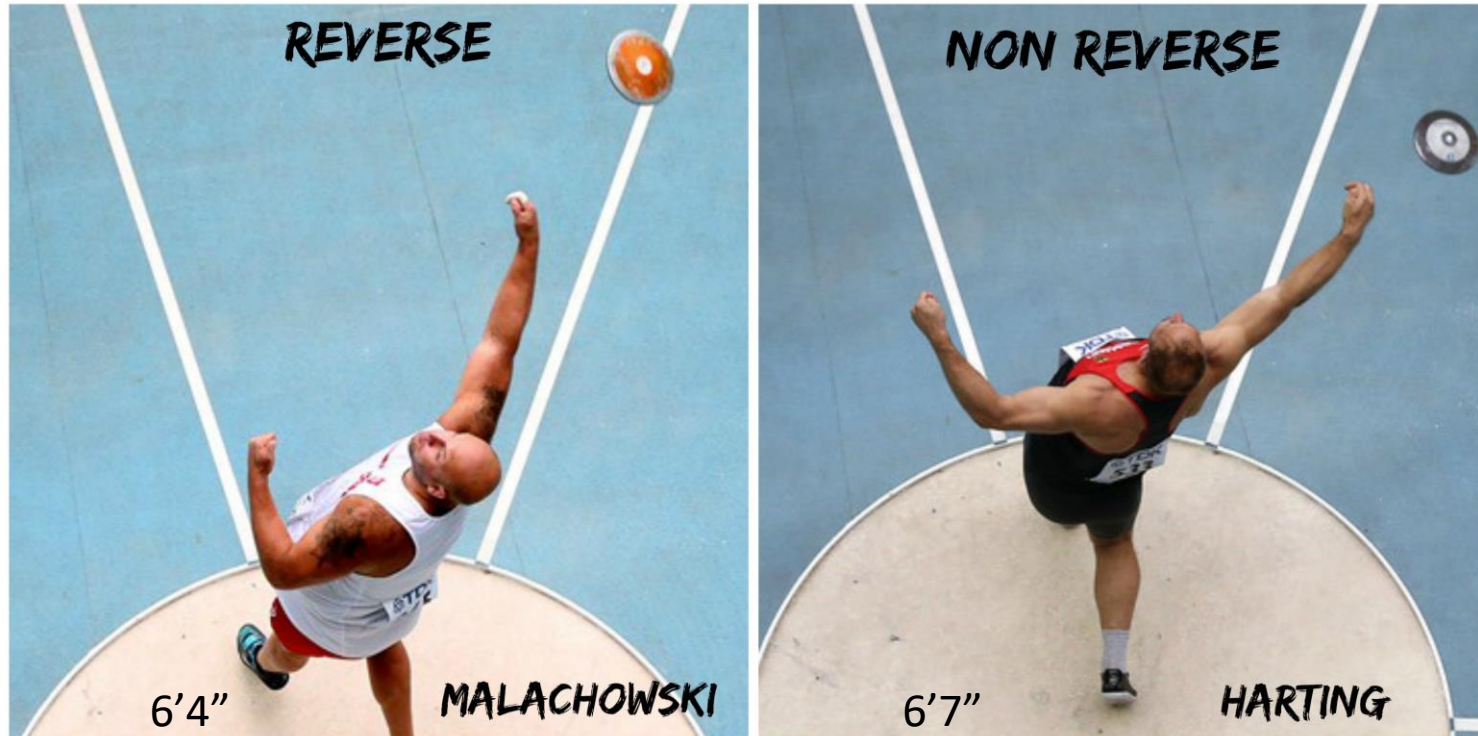
• Delivery- Block

1. Stop Block Side Forcefully with Aggressive block Arm Shortening. Shortens/ Counter Right
2. HIPS FIRST
3. Outside Discus Edge slightly Down-Thumb Flat.
4. Angle of release
5. Stop Block Arm Before Rib Line
6. Bent Delivery Leg-Elevate right Heel to create linear rotation of right knee/hip into throws- No Inverted C
7. Shoulders On top of Hips: Both Feet on the Ground
8. DO NOT JUMP!!!!!!





REVERSE VS. NON REVERSE



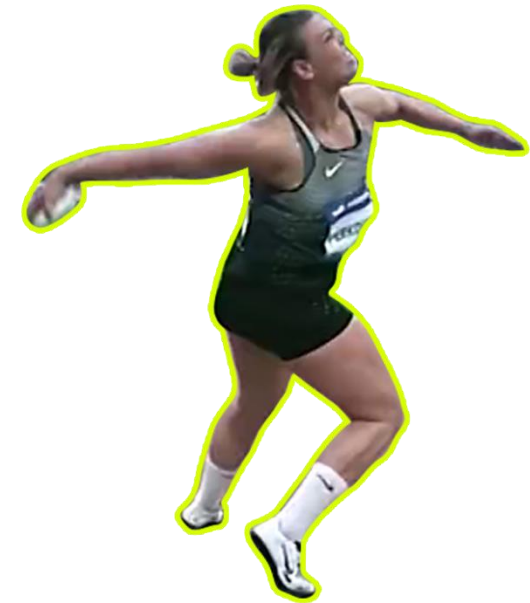
1. WHICH ONE CAN YOU THROW FARTHER WITH?
2. Both Feet on the ground through delivery.
3. Feet switch as a result of Delivery hip rotating past the Block and a dynamic Block arm. **THERE IS NO JUMPING**





TCR DRILLS & THROWS.

- **4.PC- PILLAR CONNECTION**
(Start with Delivery 6- work back to front)
- 1. **Pre-Block- works Pillar 6-Delivery**
- 2. **Stand Throw- works Pillar 5,6, Separation**
- 3. **Modified Wheel- Pillar 3, 4, 5, 6**
- 4. **South African – Pillars 2, 3, 4, 5, 6**
- 5. **Full Throw- WU1 start, Pillars 1, 2, 3, 4, 5, 6**
-





RHYTHM, SEPARATION, PROPER TCR FOR EACH

1. Pre-Block- works Pillar 5,6-PP /Delivery
2. Stand Throw- works Pillar 5,6, Separation
3. Modified Wheel- Pillar 3, 4, 5, 6
4. South African — Pillars 2, 3, 4, 5, 6
5. Full Throw- WU1 start, Pillars 1, 2, 3, 4, 5, 6

TCR PILLAR CONNECTION



FREE TIPS, FREE COURSES, STAY UP TO DATE



Get raw “live” footage of ATN practices, **technique analysis** & throws coaching tips.



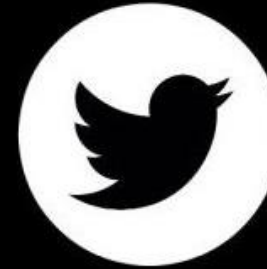
Subscribe to ARETE THROWS NATION TV and get access to hours of throws coaching tips, tricks, and **#LOVETHEGRIND** footage



Discuss the latest topics in the world of throws with Coach Johnson & **stay up to date** on everything ATN



Follow the behind the scenes **GRIND** of Coach Johnson and the ATN Arizona team



Catch up on **throws coaching tips**, stats, and video analysis

www.AreteThrowsNation.com

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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.**

