

THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™



USING THE THROWING CHAIN REACTION™  
FOR A 17' FOOT  
ROTATIONAL SHOT PUT PR!

Erik Johnson  
HEAD COACH: ARETE THROWS NATION™  
[www.AreteThrowsNation.com](http://www.AreteThrowsNation.com)



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THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™

ACKNOWLEDGEMENTS

IL TRACK and Cross Country Coaches Association  
Jim Aikens  
My Lovely Wife Jennifer aka "Mrs Arete"

Thank You



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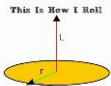
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THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™

The Foundation Of The Throwing Is...



Physics

The motion of YOU through time and space in the ring using energy and force—transfer of Momentum, Centrifugal force, etc.



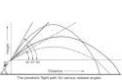
Biomechanics

How you physically move through the ring, measuring & analyzing all the degrees of angles of your body, muscles, joints to gain greater sports performance



Kinematics

Mechanics concerned with the Motion of the Objects (implements) and the Thrower motion through the circle. Measurement of the motion



Kinetics

The study of motion and its causes. (RHYTHM)



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WHAT IS THE THROWING CHAIN REACTION?



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



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THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™

Use the T.C.R™ to Simplify the Complexity.

Create better technical positions by setting up the INITIAL Trigger action: PILLAR 1



THE Wrong trigger action sets up the wrong Chain Reaction



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MISSION OF THE ATN-TCR™

- ACCELERATE THE LEARNING CURVE FOR COACHES!
- SIMPLIFY THE COMPLEXITY for Coach & Thrower
- PRODUCE REPEATABLE RESULTS
- TCR™ IS TRUE SYSTEM THAT'S ADAPTABLE/USABLE



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VIDEO and Q&A



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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



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TCR™: COACHING CAUSE vs. EFFECT



- The Throw Happens In 2 Seconds...
  - COACH CAUSE NOT EFFECT
  - Fix The Error
- Pillar 1 To 2 Is Approx. .6 Seconds. Set up an action that sets up the next position
  - Always look for the cause of The Technical Error
    - I.E Turn Right More In Middle Or At Finish, Throwing The Left Arm...
  - By addressing the TCR
    - Throwers React to good and bad positions.
    - Most throwers are taught to make the error more efficient
    - VS. correcting what created the error.



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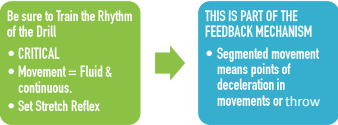
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THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™

RHYTHM



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SHOT PUT- ROTATIONAL: THROWING CHAIN REACTION

**CRITICAL Perspective:**  
Bad positions are  
MOSTLY the RESULT OF  
SETTING UP THE WRONG  
TCR!



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PARADIGM SHIFT: COACH CAUSE Vs. EFFECT



The Throw Happens In 2 Seconds...

- Pillar 1 To 2 Is Approx. .6 Seconds. Each Pillar Is Roughly .35 Seconds. Try To think In .35 Secs. segments

COACH CAUSE NOT EFFECT

- Always look for the cause of The Technical Error
- I.E Turn Right More In Middle Or At Finish, Throwing The Left Arm...

Fix The Error

- By addressing the TCR
- Throwers React to good and bad positions.
- Most throwers are taught to make the error more efficient
- VS. correcting what created the error.



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KATNIK	172-00.00
OSBORN	161-09.00
LEWIS	161-08.25
BULTMAN	153-11.25
WILLIAMS	159-06.50
PAUL	158-11.50
McHARRIS	158-11.50
McHARRIS	158-08.00
WILSON	158-06.00

### SHOT PUT- THROWING CHAIN REACTION

- Pillar 1: Setting the Trigger ACTION is the Art of the WIND-UP.
- Master the Set-up
- Lock the Right & Set-up
- Separation/Tension/Torque



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



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



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PILLAR 2 SET –UP MAXIMUM POWER







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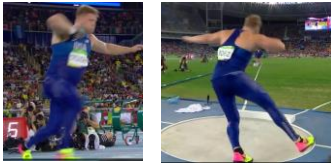
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PILLAR 3 DROP-IN & APPLY MAXIMUM SPEED



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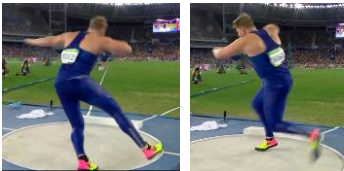
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PILLAR 4 AXIS TRANSITION



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PILLAR 5 LOCK DOWN POWER



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PILLAR 6 FINISH BIG: DELIVERY



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Pillar Connection: 7 part progression

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



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**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



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THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™

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



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PILLAR 2 START



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SOUTH AFRICAN



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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



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VOLUME LEADS TO FASTER RESULTS



ITS ALWAYS ABOUT THE TCR™:

NEW THROWERS NEED VOLUME.

CRUSH WEAK PILLARS

STRENGTHEN AND RE-TRAIN THE MOVEMENT.

- Master Pillar 1, 2, 3
- DRILLS & WALL THROWS = RAPID VOLUME
- BY DRILLING THE PROPER PATTERN
- Drill RX
- Strength Training to Improve KCR



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CONNECT & FOLLOW

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



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THANK YOU AGAIN

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

For ATN- TCR™ program Info visit.  
<https://aretethrowsnation.com/ip/tcr-system-membership/>  
USE CODE ITCCCA for CLINIC discount.

Please share your thoughts about this presentation ITCCCA-  
Hopefully its was great! .

<https://goo.gl/forms/sDF5RUXOZ3Qufexi2>



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