

THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™



THE DISTANCE AND
DEVELOPMENT SABOTEUR

HOW POSTURE AFFECTS THE SUCCESS & FAILURE OF THE THROWS

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



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ACKNOWLEDGEMENTS

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

Thank You



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WHO IS ERIK JOHNSON AND
ARETE THROWS NATION?

Side Note: Chicago- AZ- SoCal, Colorado, Chicago, So Cal, AZ.
I refer to myself as a small business owner and throws coaching addict. (the Shot Put and Discus)
My Throws History:
1. AZ state champion in the Discus, Lanky and Skinny.
2. JC All American
3. NCAA All American
4. Threw for Art Venegas at UCLA and Finished my final year of school at Colorado
5. 3 US CHAMPIONSHIPS-
6. Olympic Trials Finalist with a PR of 63.20m 207'4"



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ARETE THROWS NATION
THROWING CHAIN REACTION™ SYSTEM

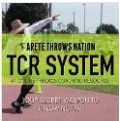
COACHING RESULTS:
Arete founded in 2010 and ATN as an official part of Arete in 2011.

Fast success and started to Map the process of fast results.

- 4-6 foot shot PR in a matter of 2-3 weeks.
- 20+ feet in the discus in 5-6 weeks.

Develop assistant coaches -same page, Do the same things and say the same things.
The Need for a system. I knew the process worked and details and language mattered.

I turned the process I was using into a repeatable system.
Throwing Chain Reaction™ System (TCR™).
Won our first titles in 2013
Since 2013, athletes have captured 88 Championship Titles
And ATN 400 coaches around the world and growing using the Throwing Chain Reaction™ System



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ATN RESULTS
THROWING CHAIN REACTION™ SYSTEM



We've had a lot of good success. 20 shot putters over 50 feet. 4 over 65 in 5 seasons, 9 kids over 180 in 5 seasons. Need more girls. 50 foot shot putter, 4 at 145+.



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BIG, STRONG, FAST, EFFICIENT!!



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ATN RESULTS
THROWING CHAIN REACTION™ SYSTEM

I believe my 72 footer would have been a 65-66 foot without the system.
BUT 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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BIG PART OF THE SYSTEM SUCCESS
ATTACK THE WEAKEST LINK

Stated another way, Want to know a simple way to
achieve faster and dramatic improvements in less time?

And . . . Make your coaching time yield better results?



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Q: HOW MANY ATHLETES DO YOU GET EVERY YEAR THAT REALLY STRUGGLE WITH BASICS OF THROWING?

A: Technology impacts Statistical Averages



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WHAT DO ALL OF YOU ATHLETES DO EVERY SINGLE DAY?



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POSTURE IMPACTS EVERYTHING



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POSTURE IMPACTS EVERYTHING

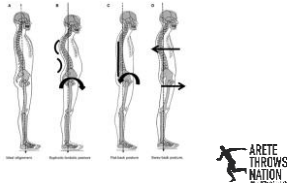
TECHNIQUE EASIER IF THE BODY IS MOVING CORRECTLY.

POSTURE IS THE overlooked variable that makes developing throwers difficult and their progress slow!

TECHNICAL DEVELOP IS THE #1 Goal of the coach: Understanding technique is vital. Also what limits its implementation.

Throws Variables:

1. Beginner, IM, Advanced,
2. Holding the shot, Discus properly
3. Drills,
4. Progressions
5. Training Plans
6. Program execution
7. Strength Training for Throwers.



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POSTURE IMPACTS EVERYTHING

SUCCESS is what keeps the coach and thrower going.
Sabotage is no Fun.

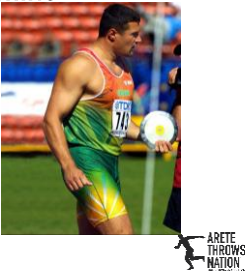
Good coaches like winning. I love to see my guys on the podium, breaking records.

Throwers will work harder with success. Slow progress, results in slow improvement.

Throwing is too much work, so reward is critical.

Sprinkle in
Mindset
Work ethic
Ability/Talent

More significant results mean better success.



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ATN-STT: 7 PILLARS OF TCR STRENGTH

ARETE STRENGTH
7 PILLARS OF
STRENGTH

1. KINETIC CHAIN REACTION

- IDENTIFYING INDIVIDUAL NEEDS- ASSESSMENT
- GPI-How do these things affect our throwers/Athletes They can't learn Correctly. – CNS PATTERNS ARE COMPROMISED

2. GPR- RESTORING ATHLETIC POTENTIAL

3. IM-INTEGRATED MOBILITY: RAPID MOVEMENT CORRECTION.



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ATN-STT: 7 PILLARS OF TCR STRENGTH

7 PILLARS OF STRENGTH

4. MULTI-JOINT SEQUENTIAL STRENGTH MOVEMENTS

Olympic Lifts

5. SPORT SPECIFIC STRENGTH

- TRAIN UNILATERAL NEEDS- THINK TCR Pillar 2-6
- Explosive Movements
- 3 dimensional

6. CNS THROWING DOMINANT VS. LIFTING DOMINANT

- This is where THE DAMAGE or BIG SUCCESS OCCURS

7. RECOVERY

- Sleep
- Nutrition
- Supplements



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IS THIS REALLY A BIG DEAL?

Quick Story:
My Years as a personal trainer- General Population- Professionals in the City. 28-55 dominate age range.
The Impact of Modern Technology, Good Business.
Restored posture they stand taller, aches and pains went away.
Counter movement to their dominant movement patterns. Reduce injuries.

Coined it Tech Posture. Welcome to the 21st century Now it called Text Neck



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ANTERIOR DOMINANT- SEQUENCING IS OFF



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TEXT NECK

Technology is affecting your coaching efforts and the outcome.
Its easy to counter and long term positive impact on athletes after throwing.

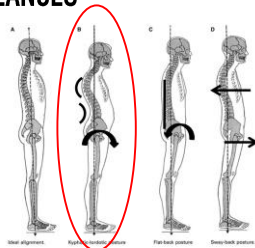
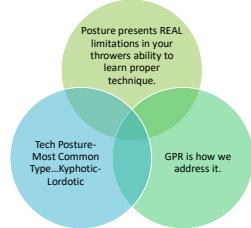
If you don't address it, you will get less from your efforts and if we can get an extra 2-3 or 5 feet from the shot or 10-15 more feet in the disc, faster and easier from the same general time. Who Wouldn't want to do?

4 degrees of posture related issues. There is the correlation
How many Exceptionally talented kids do you have or had? Typically stronger, better overall posture.
How many Good kids Talent? A few Deviations
And How many average? Multiple deviations some may be significant.
How many below average kids? Strength deficient and multiple deviations



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GPI: Gross posture IMBALANCES

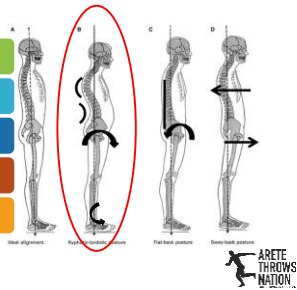


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WHATS THE PROBLEM?

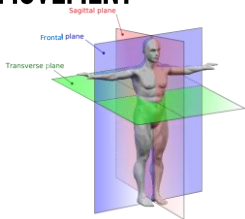
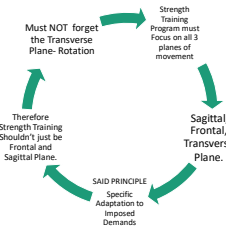
- #1 Abducted Scaps and with varying degree of Medially rotated Shoulders
- #2 Internal rotators strong, External Rotators are weak
- #3 Anterior Pelvic Tilt (Lumbar Spine)
- #4 Hyper Extended Knees
- #5 Ankle Flexion



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ATN-STT: 3 PLANES OF MOVEMENT



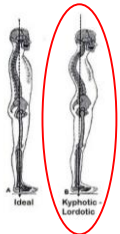
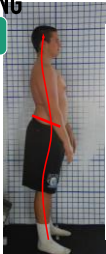
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GPR: Gross posture REBALANING

ATHLETE X Pictured

- Its important to understand that the name is GROSS Posture Rebalancing.
- WE ARE Not PT's- NOT TRYING TO BE
- Concept is to aggressively target weakness to correct them quickly with simple but effective Exercises that ATTACK THE ATHLETE's WEAKNESSES. (Kinetic chain reaction).
- LIKE THE TCR, posture tells the picture of Kinetic Chain efficiency. Correct the posture for RAPID IMPROVEMENT in ability! Design a Training Rx



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WHAT GPI's LOOK LIKE IN THE WEIGHT ROOM?



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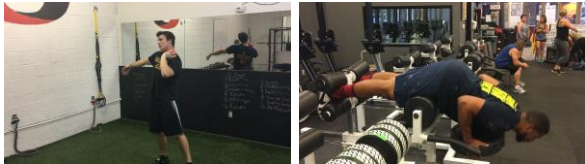


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BP Program ELEMENTS



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ATN: Limitations in action.



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ATN: GPI- KCR in action.



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ATN: GPI- KCR in action



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ATN: GPI- KCR in action



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POSTURE FIXES

- More posterior lifting exercises
- work How many guys have you ever said, Wow, that kid has incredible hamstrings and back development?!... Not many if ever.
- External Rotator, Scap retractor work
- Hamstring Work
- Train 3 planes of motion when you do core work.
- Assistance lifts- GPR
- IM Mobility-

Strength Training for throwers course is in our Alpha level membership. 9 hour course on strength train for throwers. That goes in depth on the topic.



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ATN STRENGTH PILLARS 4-7

Pillar 4 —MULTI-JOINT SEQUENTIAL STRENGTH
MOVEMENTS Only Lifts

Pillar 5 —SPORT SPECIFIC STRENGTH
•TRAIN UNILATERAL NEEDS- THINK TCR Pillar 2-6
•Explosive Movements
•3 dimensional- Rotational- Throwing

PILLAR 6 —BLOCK PERIODIZATION CNS
THROWING DOMINANT VS. LIFTING DOMINANT
•This is where THE DAMAGE or BIG SUCCESS
OCCURS

PILLAR 7 RECOVERY/MOBILITY



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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/lp/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>