

THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™



# 3 Keys To Unlocking Glide Shot Potential

**Erik Johnson**  
HEAD COACH: ARETE THROWS NATION™  
[www.AreteThrowsNation.com](http://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 HS state champion in the Discus, Lanky and Skinny.  
2. JC All American- MT SAC  
3. NCAA All American  
4. Threw for Art Venegas at UCLA and Finished my final year of school at Colorado  
5. 3X US Championships Competitor  
6. Olympic Trials Finalist. LIFETIME BEST 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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TECHNICAL TALKS  
I LIKE A LOT OF VIDEO and Q&A



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THE GLIDE

Less technical, Somewhat easier to learn.

...less forgiving

Line it up right or it doesn't go right.  
Margin For Error is much smaller.  
The right sequence- GLIDE TCR™



Shoulder And Hip height  
Kick leg First  
Choose the right style for the athlete and strength levels.



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ALL THE THROWS ARE ABOUT SEQUENCING

- Understanding the Sequencing of the Physics and biomechanics.
- YOU CANT BEAT THE PHYSICS!!
- In Our system we break down the throw into 6 pillars two styles



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COACHING THE GLIDE

3 KEYS TO UNLOCKING THE GLIDE

YOU MUST APPROACH TEACHING THE THROW DIFFERENTLY TO GET DIFFERENT RESULTS



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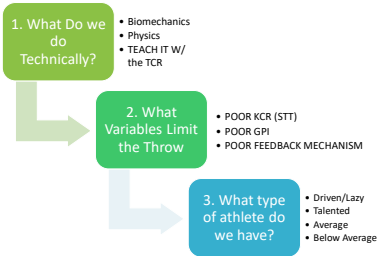
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PARADIGM SHIFT: COACH CAUSE Vs. EFFECT



- The Throw Happens In 2 Seconds...

  - Pillar 1 To 2 Is Approx. .6 Seconds. Need to Set up the Next Pillar
- 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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GLIDE: PILLAR 1: SET-UP TRIGGER ACTION



1. The Goal is to align the CM so it can move as a unit over the drive leg and set up Separation.
2. Set the path of the non throwing arm
3. Maintain CM on top of the drive leg foot so in Pillar 2 it can load effectively.
4. Initiate the kick leg first to engage the hip hinge properly to load hamstrings and hips not Knee first then teeter over and outside the circle
5. Shoulders Pre coil: !!!!!
6. Create a T and maintain CM (Shoulders parallel w/ Hips & Kick Foot ( More Advanced)



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PILLAR 1 SET-UP THE TRIGGER



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PILLAR 2

LOAD & COIL



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PILLAR 3

SLIDE



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PILLAR 4

DRIVE & KICK



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PILLAR 5 LOCK DOWN POWER



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PILLAR 6 FINISH BIG: DELIVERY



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THE GLIDE TCR™

Pillar 1 sets up the greatest potential in the throw. Like the Rotational throws, it's the Trigger action and set up balance and stretch reflex. set up inefficiently, gliders will hop and have a slow, weak kick... Set up the TCR correctly and what the TCR in action.

Pillar 2 Load & Coil is the small, but major details of the glide, that greatly impact successful execution.

The is how to pull the shoulders and kick leg together properly to set up a shift onto the drive leg. If strength and flexibility are not optimal, its difficult to learn and execute. This is imperative to set up so throwers don't "hop" across the ring.

Pillar 3-Slide: slide vs unseat. Sliding is what we do to help keep the Center of mass in the proper line that helps the glide on a linear path. Lack of pillar 3 makes the glide much more difficult.



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THE GLIDE

Pillar 4- Drive & KICK  
Learn how to properly load the drive leg, and how to initiate a powerful kick into the power position. (hint, do Pillars 1-3 correct) and too often those are not correct, therefore Pillar 4 isn't ever optimal.

Pillar 5- lock Down power  
Learn how to load the drive leg and what the path of the block arm and block leg should be in the power position.. The trick of a good glide power position is learn how to keep the lower body moving ahead with the proper block arm..

Pillar 6- Big Linear Finish-  
If the TCR is set up correctly the finish is automatically more dynamic. It easier to apply the block and athletes strike the shot much more dynamically.



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THE GLIDE STYLES – STATIC

Dynamic- different styles  
Down to Out-In- out



Down to Out-In- out



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THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™

THE GLIDE STYLES – DYNAMIC

Dynamic- different styles  
Out-In- Up- Down- out



Out-In- Up- Down- out



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THE GLIDE – THE BEST ARE BEASTS



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3 Keys To Unlocking Glide Shot Potential

Because glide is less technical, its less forgiving, hard to execute properly.



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COACHING POINTS:

Evolution of Technique and Training Methods  
Style Vs. Mechanics- Glide Long Short vs Short Long.  
Technical Changes  
REALITY CHECK (PED's, Athlete Level, Physical Tools, Strength)

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THE GLIDE – The ELITE

Static VS Dynamic- different styles  
Up- In Down- Out



Out-In- Up- Down- out



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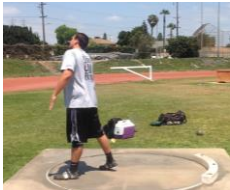
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2. WEAKNESSES cause the wrong sequence.



Get the basic base line strength levels up.  
Set up Separation  
Load the Right glide Line- Kick Leg First



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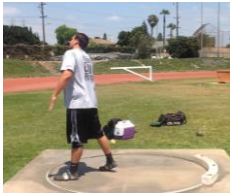
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2. MAINTAIN THE CENTER OF MASS Keep Drive leg hip over drive leg foot. ( as much as possible



Get the basic base line strength levels up.  
Set up Separation  
Load the Right glide Line- Kick Leg First



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2. Kick Leg Initiates the movement first



Get the basic base line strength levels up.  
Set up Separation  
Load the Right glide Line- Kick Leg First



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2. Keep The heel Up.



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2. Keep The heel Up in Pillar 5 ( Power Position).



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2. Kick Leg



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The Glide is less technical and the details of execution are simple.

- The Glide is demanding and dynamic.
- To do it really well requires efficient execution.
- Simplify.
- Sequence for success



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CONNECT & FOLLOW

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



Get the "Ins" of ATN practice, technique, analysis & throws coaching tips.



Subscribe to ARETE THROWS NATION TV and get access to hours of throws coaching tips, tricks, and BONUS! (EXCLUSIVE) footage.



Join the ATN Facebook group to discuss the latest topics in the world of throws with Coach Johnson & share up to date on everything ATN.



Follow the hottest thrower @TCR30 of Coach Johnson and the ATN throwers team.



Check up on throws coaching tips, stats, and video analysis.

FREE WEEKLY TIPS AND 6 FREE VIDEOS  
[www.AreteThrowsNation.com](http://www.AreteThrowsNation.com) EMAIL: [Coach@aretethrowsnation.com](mailto:Coach@aretethrowsnation.com)

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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>

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