

THROWING CHAIN REACTION™ SYSTEM 3.0- ARETE THROWS NATION™



THE ART OF DRILL Rx AND PROGRESSION

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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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2 STEPS TO SIMPLIFY COMPLEXITY



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TCR™ DRILLS & THROWS.

DRILL TOOLS
 Throwing Shoes
 Flat even Surface
 Sidewalk Chalk
 Throwing Balls (MF)
 Brick wall
 PVC Pipe



BONUS TOOLS.
 Traffic Cones, Golf Clubs, Bars, Medballs.
 Throwing Balls
 Brick wall



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TCR™ DRILLS & THROWS.

FIRST THINGS FIRST:
 TCR™ Discus: Hold, Swing, Drag VS Cradle & Carry
 TCR™ Shot Put: Align & Place Vs Pick & Hold

Wrong Trigger in P1 is the kiss of death.
 Kills Feedback Mechanism and TCR™ Trigger on all drills.
 Goal of DRILLS is to teach TCR PBK-
 We keep it simple- Focus on 1 Pillar- 1 Goal at A Time.



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The Foundation Of The Throwing Is...

 <p>Physics</p>	 <p>Biomechanics</p>	 <p>Kinematics</p>	 <p>Kinetics</p>
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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

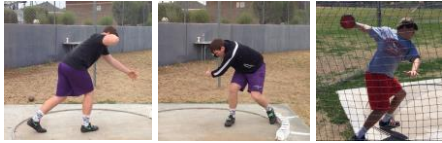
Kinematics
 Mechanics concerned with the Motion of the Objects (implements) and the Thrower motion through the circle. Measurement of the motion

Kinetics
 The study of motion and its causes. (RHYTHM)



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MOST EFFECTIVE WAY TO IMPLEMENT DRILLS
IDENTIFY THE PROBLEMS!



THEN CHOOSE THE DRILL THAT FIXES THE PROBLEM



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DRILL SELECTION IS BASED ON ANALYZING POSITIONS: GPI: STRENGTH



ANALYZING POSITIONS GROSS POSTURE STRENGTH ISSUES



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EXAMPLE THE TCR™ IMPLEMENTATION CHECK LIST

1. Identify the **Strength** and **Posture** issues-
 - How do these things affect balance and Position
 - Visual test
 - Inefficiency in the weight room transfers to inefficiency in the ring.
2. Determine **body awareness** level- Ability to **apply** and **mimic** instruction
3. Identify current **Technical Habits**- Full Throws
4. Identify key **technical limitations**- *Pillar Connection and Pillar drills*
5. Clarify the **thrower's understanding** of the throw.
 - "Tell me what you're supposed to do"
6. **Pillar Drills**- Movement re-education- Pillar Connection and Pillar Drills



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REASONS FOR TCR™ BREAKDOWN

- 2 biggest reasons:
1. Strength
 2. Posture Issues related to strength
 - *STF Strength Training for Throwers.*
 - Strong Athletes can be inefficient
 - TCR™ is at the mercy of Kinematics



Technique beats Strength. Strength + Technique Produces Champions

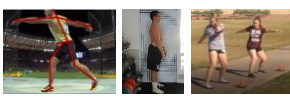
GOAL IS TO COACH THE PHYSICS NOT SOMETHING THAT RESEMBLES THE PHYSICS.



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IS PILLAR 1 FOR EVERY DRILL CONTRAINDICATED?

POSTURE IMBALANCES EFFECT THE THROW:
SOMETIME SIGNIFICANTLY
SOMETIMES MILDLY



IN ALL CASES:
POSTURE IMBALANCES HAVE AN IMPACT ON TECHNICAL DEVELOPMENT!!
(INSIDE SIT COURSE: Review) LOOK FOR THIS IN YOUR THROWERS.



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QUESTIONS?



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PROGRESSIONS DRILLS



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EXAMPLE: ROTATIONAL THROWS TCR™ DRILLS IN ACTION:

TCR™ ROTATIONAL WALL THROWS- DISCUS/ ROTATIONAL SHOT PUT
15 Throws in each Position- 105 Total Throws-
Complete 3 sets of 5 throws to get 15 in each position. 2x 10 ea. Drill Between Rounds 220 Drills Total

- 1. Pre-Block- PJ
 - A. Pre-Block- Discus
 - B. Pre-Block- Shot
- 2. Stand Throw- PJ, PJ
 - A. Discus- Stand
 - B. Shot- Stand
- 3. Modified Wheel- PJ, PJ, PJ, PJ, PJ
 - A. Discus- Wheel
 - B. Shot- Wheel
- 4. Smith- Back- PJ, PJ, PJ, PJ, PJ, PJ
 - A. Discus- Back
 - B. Shot- Back
- 5. Pillar 2 Start- PJ, PJ, PJ, PJ, PJ, PJ
 - A. Discus- Pillar
 - B. Shot- Pillar
- 6. Wind-up 1 Start- PJ, PJ
 - A. Discus- Wind-up
 - B. Shot- Wind-up
- 7. Full Throw- Focus on an Correct Set Up
 - A. Discus- Full
 - B. Shot- Full



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EXAMPLE TCR™ DRILLS & PROGRESSION IN ACTION:

TCR™ WALL THROWS- GLIDE SHOT
 10 Throws in each Position- 75 Total Throws- 110 Drills
 Complete 3 sets of 5 throws to get 15 in each position. 10 Drills In between

1. **Pre-Block- P6**
 - A. Block Arm Shot
 - B. Block Leg, Block Arm Steps
2. **Stand Throw- P5, P6**
 - A. Block Leg & Pivot
 - B. Glider Throw Counters w/ Decelerator Step
3. **GLIDE Wheel- P3, P4, P5, P6**
 - A. TCR In Frame
 - B. TCR In Frame Drive Long Post
4. **GLIDE JABS - P2, P3, P4, P5, P6**
 - A. Lead Leg Jab
 - B. Block Leg In a Jab
5. **FULL GLIDE P2, P3, P4, P5, P6**
 - A. Set Steps
 - B. Set Extensions
 - C. Block Leg & Jab



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



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PILLAR 2 START



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SOUTH AFRICAN



Horizontal lines for notes.

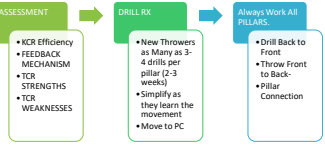
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Horizontal lines for notes.

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IMPLEMENTING THE THROWING CHAIN REACTION™



Horizontal lines for notes.

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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



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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/jp/tcr-system-membership/>
USE CODE ITCCCA for CLINIC discount.

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