



MODULE 7- REVIEW + Q & A

• Copyright 2016- ARETE THROWS NATION

IMPLEMENTING THE THROWING CHAIN REACTION



- 1. ALWAYS DETERMINE IF THE CHAIN REACTION IS SET-UP RIGHT. STAND THROWS, START, STARTING POSITIONS IN DRILLS- CHAIN REACTION IN ALL POSITIONS
- 2. ALWAYS WORK ALL PILLARS.
- 3. DRILL BACK TO FRONT
- 4. THROW FRONT TO BACK

COPYRIGHT 2016 ARETE THROWS NATION



NOTES:

COPYRIGHT 2016- ARETE THROWS NATION



COACHING CAUSE VS. EFFECT



- 1. THE THROW HAPPENS IN 2 SECONDS... THEREFORE EACH PILLAR IS ROUGHLY .34 SECONDS... VERY LITTLE IS FIXED BY HAVING THE ATHLETE WORK THE TECHNICAL ERROR I.E TURN RIGHT MORE IN MIDDLE OR AT FINISH...
- 2. LOOK AT WHAT IS CAUSING THE ERROR.



VOLUME LEADS TO FASTER RESULTS



- 1. NEW THROWERS NEED VOLUME.
- 2. WALL THROWS & DRILLS = RAPID VOLUME
- 3. CRUSH WEAK PILLARS BY DRILLING IT OUT. THIS STRENGTHENS AND RE-TRAINS THE MOVEMENT.



NOTES:



TRAIN RHYTHM



- 1. BE SURE TO TRAIN THE RHYTHM OF THE DRILL AS WELL. MOVEMENT = FLUID & CONTINUOUS.
- 2. SEGMENTED MOVEMENT MEANS POINTS OF DECELERATION IN MOVEMENTS OR THROW



Q & A:

We have one shot ring with toe board and one discus ring with a net, separated by the length of the football field. We have no place for wall throws or room to throw the discus safely except our one ring. For safety concerns the staff is reluctant to allow kids to throw without a coach nearby and we only have the main throws coach and me, his new assistant. I usually end up at the discus ring and pretty soon there are 10 to 15 kids waiting their turn to use the ring. The ability levels of the kids are all over the map and I want to stop each one to start working on specifics but that just gums up the whole process and keeps the kids waiting.

How do you get your kids all on the same page and progressing together? Or do you try to break them down into sub-groups of comparable ability levels?



NOTES:



Q & A:

How does Erik run his clinics with all those kids at different levels and give them the attention they need? I feel like we need 6 coaches at our practices and not just 2 but that's not gonna happen.

I never had a throws coach back when I was throwing and there were only a small handful of us doing it at my school (maybe 5) so I don't know how a practice is supposed to function when you have 24 kids trying to use limited facilities. Any advice would be GREATLY appreciated!

Balls, Bands, MB, Lots of Implements. Concrete.. A wall.



Q & A:

On the left block. After stopping the left arm at 6, do you pull it in or just stop it there with all your might?



NOTES:



Q & A:

1. Can you explain rim weight in discus and how it affects the throw? When would a thrower start to use a higher rim weight and why?

2. We see some discus throwers using chalk while others use "stickum" spray or rosin. This seems like the extreme opposite approach so why would one use one or the other or anything at all? (The chalk does seem to help in the shot.)

3. Can you share the name of the source of the weighted balls you use? Do you match the weight specifically to the implement weight, ie. 1K or 1.6K for discus drills?
- Rob Lasorsa: MF Athletic 888-527-6772



MY BIG ASK:

1. Please share how the course has helped you?

2. Have you used other courses before and if so How does the ATN-TCR compare?

3. Would you recommend ATN membership and course? Hopefully yes (lol) Why?

4. Please rate the quality of the information and how it was explained?

5. Please add anything else you would like to share.

6. What would you like to see added to the course.



NOTES:



CONGRATULATIONS!!!
YOU HAVE COMPLETED THE
ATN-TCR LEVEL 1 COURSE.

Q&A TIME!!




