



MODULE 2

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MODULE 2: ANALYZING VIDEO- FM INTERFERENCE- DISCUS TCR



ANALYZING VIDEO



FM INTERFERENCE

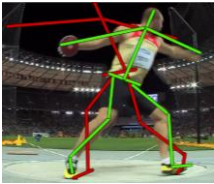


DISCUS TCR

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COACHING POINTS

ANALYZING VIDEO
Same video . . . Different Opinions
Clear this Up by trying to See the Science
TIPS:
Watch Elite Throwers
Choose the Right Technical Models
Compare your guys to Elite Guys Side by side.



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COACHING POINTS

FEEDBACK MECHANISM

INFLUENCE OF TECH POSTURE

This is a real issue impacting learning the Shot Put and the Discus.

Cell Phones: Text, Social media, Video Games. Hours in front of Computer.

GPR™– Gross Posture Rebalancing™

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The Wind-Up: The Key To Mastering the Chain Reaction

Your goal is to set up Separation and the Left Leg Axis
The 12 Segments Of The Wind Up

- 1. Open Feet (Externally rotated 5 deg) with feet flat, weight on front of feet.
- 2. Initial Swing Set-up (Set the Left Leg)
- 3. Stay Centered & – Wind ‘Around’ Center Axis
- 4. Stay One Level-Static w/ Hips Under Shoulders
- 5. Shoulder Hip Separation
- 6. Shoulder Arm Separation
- 7. Left Heel lift as a results of Knee rotation after separation has been set-up



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Throwing Chain Reaction

The Wind-Up: The Key To Mastering the Chain Reaction

The 12 Segments Of The Wind Up

8. Left and Right foot Parallel at wind end

9. Weight on inside of let toe.

10. Right Shin at 90 degrees & Right Knee Stays Bent

11. Right Foot Flat and Stopping the Right Side rotation (common & Huge Mistake)

12. Left Arm and Left hip, knee, & foot locked and loaded. Create Torque on wind.

Sets UP the Fastest & Most dynamic entry into the throw

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Throwing Chain Reaction

PILLAR 1 – SET-UP/WIND UP
SPRINT LEG AXIS

P1 DRILLS

1. Set-ups (right Foot Pivot Left, discus wrap)

2. Wind-up 1 – Separation (Hi or Lo)

3. WIND-UP 1- SINGLE LEG

4. Wind-up 2- Axis Set-u p

Select The Drills the Throwers Needs Most! And make them crank.

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Throwing Chain Reaction


PILLAR #2
SETTING UP
MAXIMUM
POWER

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**PILLAR 2- SET UP MAXIMUM POWER
START AXIS**



Left Leg Axis- Start Axis

1. Keep Hips Under Shoulders

2. Turn Left Leg as a unit.

3. Shift left on inside of left foot!!!


4. Turn & Shift the Drop (DBL Support as long as possible)

5. P2 Dictates Right Leg Sweep


6. Keep Hips Level

7. Keep Knees apart

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**PILLAR 2 SET UP MAXIMUM POWER
SPRINT LEG AXIS**



P2 DRILLS

1. CM Shifts (Start with Left at 90° clock)

2. 90 deg Walk Around (All Drills Knees apart)

3. 180 Turns

4. 360- Turns

5. Turn & Shift

6. Turn-Shift-step, (Left Turn & CM Shift , Left step)

7. Turn-Shift-step & Load (Left Turn & CM Shift , Left step, Left Leg Load)

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PILLAR 3 – APPLY MAX SPEED - LINEAR DRIVE



Linear Drive

- 1. Shift Knee into Ring & Down Quickly (load up to sprint)
- 2. Stay On inside of Left Foot.
- 3. Push Off Left Aggressively/ sets Speed of 3 to 4,5
- 4. Sprint Angle Sets-up 4 & 5
- 5. Shoulders & Hips Level Especially Right Side.
- 6. Right Leg Sweep TCR- Counter Balance- Knees Apart Right hip LEVEL.

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PILLAR 3 – APPLY MAXIMUM SPEED - LINEAR DRIVE



P3 Drills

- 1. Left leg Load/Right Leg Counters
- 2. Left leg Load/Right Leg Counters Sprint Push
- 3. Sprint starts: Lean & Drive
- 4. Falling Puddle Jump
- 5. Cone Hop w/ Knee Squeeze (3-4)
- 6. Push & Sweep



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PILLAR 4- AXIS TRANSITION

Axis Transition

1. squeeze left behind right knee.
2. Turn right SIDE to 12 O' clock
3. **Maintain Upper body Separation.**
4. **Long Left, Wrap Left**
5. Chest & Hip Over Knee (Body Angle)
6. Head over right Knee due to CM angle
7. **KEEP HIPS UNDER THE SHOULDERS**
8. Keep Right Foot, Knee, Hip Moving.

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PILLAR 4 AXIS TRANSITION

P4 Drills

1. Sprint Step/(Left To Right Push)
2. Cone Hop & Freeze
3. Left to right Push (Onto Right Axis)
4. Left Push- Right Pull- l Hip Crank
5. Get Downs- (Left Push Get right on ground and under quick)
6. Mod. Wheel Repeat- 3-4 Link

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PILLAR #3

LOCKING DOWN

EXPLOSIVE

POWER

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PILLAR 5-Locking Down The Power
Drive Leg (R/Lf) Axis/ Power Position



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- Right Leg Axis /Power Pos.
- 1. Sink Down into PP
 - 2. Hips into Throw First
 - 3. Separation hips/Shoulders
 - 4. Separation Shoulder/Arm Rt. knee Turns Into left
 - 5. Chest Over Knee
 - 6. Hips Under Shoulders- Not in front
 - 7. Wide/Long Left Arm- Wait To Hit the Arm.



PILLAR 5-LOCKING DOWN THE POWER - RIGHT LEG AXIS/ POWER POSITION



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- Power Postion Drills:
- Basics:
- 1. 180 Pivot (Right Heel Elevation)
 - 2. Elevator Load & Left Reach
 - 3. Elevator Pivot
- PMRE:
- 1. PP Elevator Drops (Separate and Load)
 - 2. PP Counters w/ Open Left (Separate, Load, counter)
 - 3. Pivot, Push, Transfer (Rt Pivot & Push->LL Transfer and lock)
- *Always on Tip-Toe






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PILLAR 6 FINISH BIG DELIVERY/ BLOCK



Delivery-Block

1. Path of Blocking Side- Long

2. HIPS FIRST

3. Angle of release


4. Left Leg/Left Arm Block

5. RLA-Elevate right Heel and rotate right knee/hip


6. Shoulder On top of Hips

7. Both Feet on the Ground

8. DO NOT JUMP!!!!!!



PILLAR 6-FINISH BIG- DELIVERY/ BLOCK



Finish Drills


1. 7ft Tip-toe

2. Left Arm/Leg Stops,

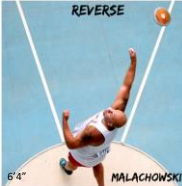
3. Pre-Block 1

Level 2

1. Pre-block 2




Reverse Vs. Non Reverse



REVERSE

6'4"

MALACHOWSKI



NON REVERSE

6'7"

HARTING

1. Reverse (left leg post) is better for Shorter Thrower.

2. Both Feet on the ground through delivery.

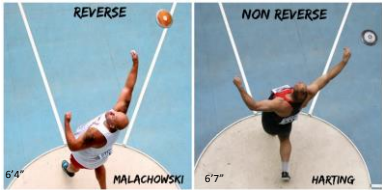
3. Feet switch as a result of right hip rotating past the left.

THERE IS NO JUMPING

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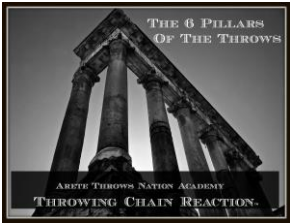
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Reverse Vs. Non Reverse



Reverse Drills:
1. Up & Outs
Starts to become more natural as you understand the action of the Delivery of the Delivery side leg.

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- 1. Wind It Up (The Initial Action)
- 2. Set Up Maximum Power
- 3. Apply Maximum Speed
- 4. Axis Transition
- 5. Locking Down Explosive Power
- 6. Finish Big

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

RHYTHM, SEPARATION, PROPER TCR FOR EA.

- 1. Pre-Block- works Pillar 5,6-PP /Delivery
- 2. Stand Throw- works Pillar 5,6, Separation
- 3. Modified Wheel- Pillar 3, 4, 5, 6
- 4. South African – Pillars 2, 3, 4, 5, 6
- 5. Full Throw- WU1 start, Pillars 1, 2, 3, 4, 5, 6

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Module TWO Homework

- 1. Watch Video of Great Technical Models.(Adding to Our Youtube Page and Inside the Membership Site.
- 2. Pay Attention to FEEDBACK MECHANISM.
- 3. Always look at the TCR. Why doesn't a thrower turn the right foot? Stop the Block arm at the right time. Go Back in the TCR.
- 4. Pay ATTENTION TO POSTURE- How many Kids have this.

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