

PILLAR CONNECTION & MASTERY

THROWING CHAIN REACTION™ SYSTEM 2.0

CERTIFIED THROWS COACH - LEVEL 1

SHOT PUT

CTC

DISCUS

ARETE THROWS NATION

PILLAR CONNECTION – ROTATIONAL SHOT PUT

CTC

ARETE THROWS NATION

---

---

---

---

---

---

---


---

PILLAR CONNECTION & MASTERY

THROWING CHAIN REACTION™ SYSTEM 2.0

PILLAR CONNECTION GOAL

- IDENTIFY INCORRECT PATTERN AND SET THE RIGHT TCR AT EACH PILLAR
- IMPROVE FASTER AND INCREASE EFFECTIVENESS OF EA. PRACTICE



CTC

ARETE THROWS NATION

---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY

THROWING CHAIN REACTION™ SYSTEM 2.0

COURSE OBJECTIVES: RAPID PROGRESS

- 5 pt. PROGRESSION TO SIMPLIFY DETAILS
- SIMPLIFIES HOW TO WORK ON MULTIPLE THINGS EACH PRACTICE.
- PC PROVIDES INFORMATION FOR COACH & THROWER. POINTS OUT PILLAR WEAKNESSES
- LEARN THE RIGHT ANGLES, PATH & RHYTHM OF EACH PILLAR CONNECTION IN ORDER TO SIMULATE THE ACTUAL THROW FOR MAXIMUM TRANSFER INTO THE THROW.



CTC

ARETE THROWS NATION

---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

COURSE OBJECTIVES: **RAPID PROGRESS**

- REMEMBER: BAD PATTERNS ARE ALSO DUE TO GPI AND RELATED STRENGTH ISSUES
- UNDERSTAND THE ROLE OF RHYTHM: SHOT & DISC ARE DIFFERENT.
- SHOT HAS 1 TYPE SEPARATION SO SHOT PC IS SLIGHTLY DIFFERENT THAN DISCUS



---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

CONNECTING THE 6  
PILLARS OF THE TCR  
ROTATIONAL THROWS



1. SET-UP THE TRIGGER ACTION
2. SET UP MAXIMUM POWER
3. DROP-IN & APPLY MAXIMUM SPEED
4. AXIS TRANSITION
5. LOCK DOWN EXPLOSIVE POWER
6. DELIVERY: FINISH BIG



---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

ROTATIONAL SHOT  
VS DISCUS



- SEE TCR COURSE in SHOT MODULE:
- RING SIZE (SHOT IS MORE ROTATIONAL)
  - IMPEMENT PROXIMITY TO BODY
  - SEPARATION
  - TIGHTER AND MORE COMPRESSED



---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

START WITH PILLAR 6 WHEN YOU THROW: LET ADDRESS THE DETAILS

- IN THE RING or INTO THE WALL
- RHYTHM, SEPARATION, PROPER TCR FOR EA.



1. PRE-BLOCK P6- 
2. STAND THROW P5-P6
3. MODIFIED WHEEL P3-P6
4. SOUTH AFRICAN- P2.5-P6
5. WIND-UP 1 FULL P1-P6



---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

TCR PILLAR CONNECTION: PRE-BLOCK



- PRE-BLOCK- IS NOT A STAND THROW- MORE RESTRICTED- P6  
SHOT IS ALWAYS LOWER POSITION.
1. Start with Weight Between Feet
  2. Block Leg has to have weight on it to push Block Hip back
  3. STRAIGHT BUT NOT HYPER EXTENDED
    - This is surprising difficult For a lot of throwers.
  4. Drive Leg facing 9 o'clock (3 O'clock Lefties)
  5. Block foot facing 7- 7:30 (4-4:30 Lefties)
  6. Teaches How to Lock in lower body- Hips facing 9:30/10 or 2-2:30 (lefties)
  7. Block Leg PRE BLOCKED!!
  8. Path of block arm/shoulder is out, around, and away
  9. Set the TCR correctly on Wind if shoulders go behind.
  10. Teaches Action of Block ARM with Leg



---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

PRE-BLOCK- COMMON MISTAKES P6



1. NOT Low Enough- Load the legs
2. NOT pushing into ground with block leg
3. Short BLOCK arm Path/Folding
4. Folding Block Arm Across the body-
5. Hip Rotation during wind
6. Hyper Extended Block leg
7. Bending over the block leg
8. Sliding across vs Going Around and out
9. LATE DRIVE LEG POSITION
10. MOVING BLOCK LEG

- CREATE THE THROWER DRILL Rx!



---

---

---

---

---

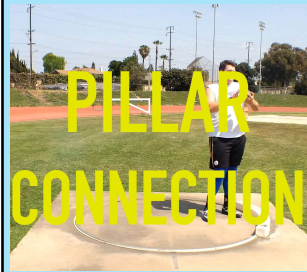
---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

TCR PILLAR CONNECTION: STAND THROW P5-P6



1. Set the angle to Set the TCR
2. Take the Shot out and Over the Drive leg
3. Coil the Shoulders
4. Long Block Arm path Out to 10/11 / ½ lefties and relaxed, not Across and First action is right leg
5. Move against the stretch reflex.
6. Block foot opens to 7 /(5 lefties)
7. Keep the Upper Body back and Block arm goes out. To great out motion
8. Lock hips on the wind
9. More Revesrese than non reverse



---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

STAND THROW: COMMON MISTAKES P5-P6



1. IMPROPER OR NO COIL
2. Not setting the angle and Loading the Delivery Leg
3. TOO MUCH HIP Rotation on the Wind
4. TOO MUCH Upper Body Rotation
5. SHIFTING TO P6 FIRST
6. TOO TALL ON LEGS
7. OPENING UPPER BODY TO QUICKLY
8. JUMPING UP VS Going Around and out
9. MOVING BLOCK LEG FOOT
10. Extension of Drive leg.
11. Losing stretch reflex.

• CREATE THE DRILL Rx!



---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

TCR PILLAR CONNECTION: MODIFIED WHEEL P3-P6

1. Center of mass sits In the middle of the P3-P4 axis transition points. So thrower loads P3 Sprint leg and quickly rotatates & loads P4 Leg
2. Rotate from P3 To P4 to set up P5 axis and angle
3. Keep Right heel low till 6 oclock
4. All about the TCR set it wrong get less results.
5. Don't move hips
6. Create Stretch Relflex
7. Long Block Arm allow hips to move ahead. Understand how to be active with the block arm at the right time



---

---

---

---

---

---

---

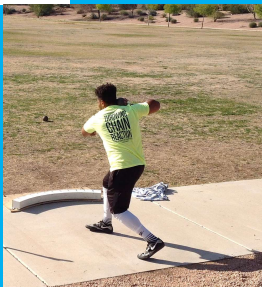
---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

MODIFIED WHEEL P3-P6: COMMON MISTAKES

1. Incorrect angles set up wrong TCR
2. Center of mass is either too much in P4 or P3
3. No P3 Sprint (push or load off the left/Right)
4. No Elevation of Heel from P4 to P5
5. Premature Elevation of Heel in P4
6. Hips turning with Upper body in Wind P3 TCR set up.
7. Drive leg foot Hesitation

- CREATE THE DRILL Rx!



ARETE  
THROWS  
NATION

---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

TCR PILLAR CONNECTION: So. African P2.5-P6

1. Set sprint foot 6 o'clock and sweep leg 9/3
2. Transfer from Front to back and wind
3. Feel hips lock and set the path of block arm
4. Long = long and linear.
5. Short = Short and improper TCR
6. Create Stretch Reflex & TIME HOW TO MOVE AGAINST IT.
7. P3 Leg foot moves to 5:30/6:30 to move the Hips as a unit out and around into the middle P3-P4
8. Learning to Move Linear while Rotating Properly.



CTC ARETE  
THROWS  
NATION

---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

So. African P2.5-P6: COMMON MISTAKES

1. Short = Short and improper TCR
2. No right to left (left to Right)
3. Non-Linear Path. Too Rotational
4. Improper Path of left arm. (No J path into throw)
5. Knees not apart = narrow sprint
6. No P3 Foot rotation and Push
7. Sprint Hip is too static/doesn't move.

- CREATE THE THROWER DRILL Rx!



CTC ARETE  
THROWS  
NATION

---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

TCR PILLAR CONNECTION: WIND UP 1 FULL- P1-P6

- 1. Teaches Stretch Reflex and proper path of block side arm from P1-P6
- 2. LOCK FEET, HIPS, AND KNEES AT 12 o'clock
- 3. Wind- Proper Path
- 4. Long and Fast around P2 and Into P3
- 5. Create Stretch Reflex & proper sequence on HOW TO MOVE AGAINST the SR
- 6. Teach how to maintain center/wind-up axis so thrower can feel load and drop in for P3



---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

WIND-UP 1 FULL/FULL: COMMON MISTAKES

- 1. Staying too tall which creates shift in P1
- 2. False Separation ( not turning shoulders around hips which leads to . . .
- 3. Dropping in P2 vs Dropping into P3
- 4. Not Keeping Feet firmly on the ground
- 5. Slow Pillar 2 foot turn into Pillar 3 quickly.
- 6. Not keep Weight on inside of P2/P3 foot
- CREATE THE THROWER DRILL Rx!



---

---

---

---

---

---

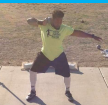
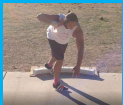
---

---

PILLAR CONNECTION & MASTERY THROWING CHAIN REACTION™ SYSTEM 2.0

PILLAR CONNECTION SUMMARY

- PERFECT PRACTICE IS THE GOAL
- SET THE TCR AT EACH PILLAR
- UNDERSTAND THE ROLE OF RHYTHM OF EACH PILLAR.
- EMPHASIZE BETTER PATTERN- DETAILS ARE CUMMULATIVE
- RECOGNIZE AND CREATE A FORMULA FOR EACH THROWER



---

---

---

---

---

---

---

---

PILLAR CONNECTION & MASTERYTHROWING CHAIN REACTION™ SYSTEM 2.0

PILLAR CONNECTION Q & A



BE SURE TO SPREAD THE WORD & FOLLOW:  
YOUTUBE: ARETE THROWS NATION TV  
INSTAGRAM: ARETETHROWSNATION  
TAG US IN YOUR POSTS

#ARETETHROWSNATION



---

---

---

---

---

---

---