



STRENGTH TRAINING FOR THROWERS

PROGRAM DESIGN THAT MAXIMIZES THROWING POTENTIAL



MODULE 5- IM & GRP + Q&A

STT: Have We Achieved the Goals?



Develop a better Understanding of the Strength Training Process



Identify the variables creating limitations

- Address the needs of the athletes
- This is huge



How to Get better results with Block Periodization and create multiple peaks in a season.



How to write programs that develop explosive power and accelerate results IN THE RING!!



Design the Best Program based on time and Athlete Level

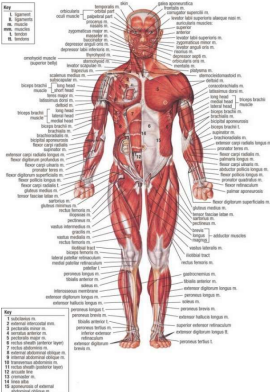




COPYRIGHT 2016- ARETE THROWS NATION

STT- THE HUMAN MACHINE

BETTER UNDERSTANDING OF ANATOMY LEADS TO:





BETTER PROGRAMS

EASIER TO IDENTIFY ATHLETE NEEDS

GPR NEEDS ARE ADDRESSED

GIVE YOU AND ATHLETES AN EDGE



COPYRIGHT 2016- ARETE THROWS NATION

GPI: GROSS POSTURE IMBALANCES

Posture presents REAL limitations in your throwers ability to learn proper technique.

Tech Posture- Most Common Type...Kyphotic-Lordotic

GPR is how we address it.

Four types of postural alignment

A Ideal B Kyphotic-Lordotic C Flat back D Sway back

COPYRIGHT 2016- ARETE THROWS NATION

ARETE THROWS NATION

GPR: FIX WHAT'S HOLDING THEM BACK?

#1 Abducted Scaps and with varying degree of Medially rotated Shoulders

#2 Anterior Pelvic Tilt (Lumbar Spine)

#3 Hyper Extended Knees

#4 internal rotators strong, External Rotators are weak

#5 Ankle Flexion

COPYRIGHT 2016- ARETE THROWS NATION

ARETE THROWS NATION

GPR: WHAT'S HOLDING THEM BACK?



COPYRIGHT 2016- ARETE THROWS NATION



ARETE
THROWS
NATION
ARETETHROWSNATION.COM

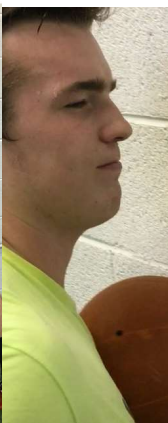
ATN: STRENGTH TRAINING FOR THROWERS.

REMOVE LIMITATIONS FIRST:

- STRENGTH TRAINING HAS PLENTY OF COMPLEXITY

IF BAD PILLAR 1 KCR: UP HILL BATTLE

Limits ability to separate properly..
Posture issues turn off the core.
Shoulders and hips are switches



COPYRIGHT 2016- ARETE THROWS NATION



ARETE
THROWS
NATION
ARETETHROWSNATION.COM

QUESTIONS:

KCR -> GPI

Compromises Core Function and Thoracic Rotation, Dis-engages the core.

KCR IS OFF AND THROWERS CAN'T LEARN!

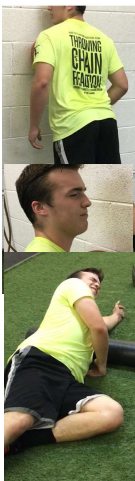
SO MUCH POTENTIAL IS LOST!!!

COPYRIGHT 2016- ARETE THROWS NATION



ARETE
THROWS
NATION
ARETETHROWSNATION.COM

ATN: Limitations in action.



COPYRIGHT 2016- ARETE THROWS NATION



ARETE
THROWS
NATION
ARETETHROWSNATION.COM

ATN: GPI- KCR in action.



COPYRIGHT 2016- ARETE THROWS NATION



ATN: GPI- KCR in action.



COPYRIGHT 2016- ARETE THROWS NATION



ATN: Limitations in action.



COPYRIGHT 2016- ARETE THROWS NATION



ATN: GPI- KCR in action.



COPYRIGHT 2016- ARETE THROWS NATION



ATN: GPI- KCR in action.



COPYRIGHT 2016- ARETE THROWS NATION



ATN: GPI- KCR in action.



COPYRIGHT 2016- ARETE THROWS NATION



ATN: GOAL IS TO WIN.



COPYRIGHT 2016- ARETE THROWS NATION



ATN: Q&A Program Samples

Macro Cycle		ANNUAL BLOCK SCHEDULE																														Season Opener		Mid Season	Penn Rel	Horizon	CIF	CIF	Masters State	NCAA FI										
YSU - NCAA Div I	September	October					November					December					January					February					March					April					May					June								
	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26							
Realization																																																		
Transmutation																																																		
Accumulation																																																		
	STAGE 1										STAGE 2										STAGE 3										STAGE 4										STAGE 5									
	PREPARATION															COMPETITION STAGE																																		

COPYRIGHT 2016- ARETE THROWS NATION



[illegible]

ARETE THROWS NATION

COPYRIGHT 2016- ARETE THROWS NATION

LEVEL 1... COMPLETE.



**ARETE
THROWS
NATION**

COPYRIGHT 2016- ARETE THROWS NATION

LIFTNG VIDEO LIBRARY

Be Sure to Check out Upcoming
ATN TCR Coaches Course- TCR 3.0

COPYRIGHT 2016- ARETE THROWS NATION

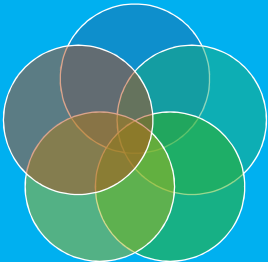


ATN: STRENGTH TRAINING FOR THROWERS

THANK YOU & SPREAD THE WORD

SNAPCHAT
AreteNation

FACEBOOK:
Arete Throws Nation



BE SURE TO
FOLLOW ON

INSTAGRAM:
Aretethrowsnation

COPYRIGHT 2016- ARETE THROWS NATION

