

THROWING CHAIN REACTION™ SYSTEM 2.0- COACHES COURSE



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THROWING CHAIN REACTION™ SYSTEM 2.0
MODULE 2: DISCUS



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THE 6 PILLARS
OF THE TCR
DISCUS



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

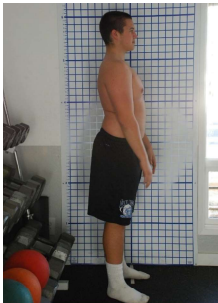


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MODULE 2: ANALYZING POSITIONS: GPI: DISCUS TCR



ANALYZING POSITIONS



GROSS POSTURE



DISCUS TCR



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MODULE ONE REVIEW:

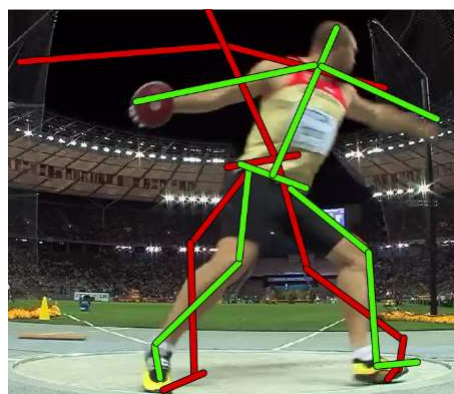
1. SHIFT THE PARADIGM- TCR Cause Vs Effect
2. THE MECHANICAL POINTS ARE CREATED WHEN SEPARATION/TORQUE IS SET.
3. SO WHY SO MANY POINTS?
 - BECAUSE YOU NEED TO BE ABLE TO SEE THE MISTAKES AND UNDERSTAND WHY RHYTHM AND POSTIONS ARE OFF.
4. SEE THE RHYTHM OF POSTIONS TOO
5. GOOD TENSION HAS A LOOK.



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ANALYZING POSTIONS

- 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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POSTURE IMBALANCES EFFECT THE THROW:
Sometime Significantly
Sometimes Mildly

In all cases:
Posture Imbalances Effect Technical
Development!! (Inside STT course)
Look for this in your throwers.



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PARADIGM
SHIFTS

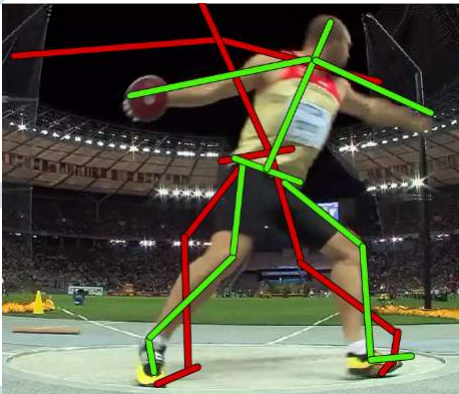
- WIND-UP is Pillar 1 and massively Affects the Throw.
- Sets Separation & Sprint Axis
- Determines The TCR

NO PIVOT
AROUND ON
BALL OF FOOT

- Turn on Inside of Foot P2/P3/P5
- Stepping & Turn Type Action
- Less Surface Area Is faster.

SPRINT FOOT
DOESN'T TURN
ARBITRARILY

- Turn the Knee and Foot around then load
- If you load and turn its slow and less dynamic



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PILLAR 1

SET-UP THE TRIGGER ACTION



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PILLAR 1

SET-UP THE TRIGGER ACTION



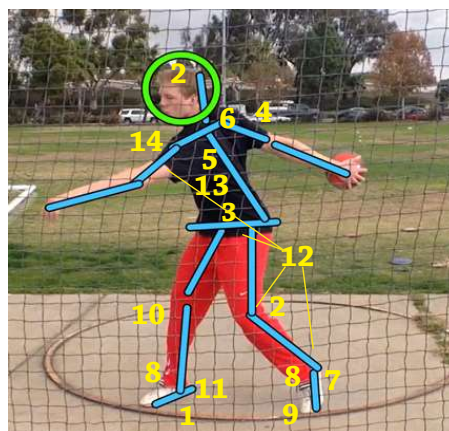
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PILLAR 1: The MECHANICS of Setting the Trigger Action:

Your goal is to set up Separation and the Left Leg Axis

The 14 Segments Of The Wind Up

1. Open Feet (Externally rotated 5 deg) with feet flat, weight on front of feet.
2. Set-up (Set the Sprint Leg axis, Swing Orbit, Separation Axis) Head must stay centered.
3. Stay Centered & - Wind "Around" Center Axis Keep Shoulders on top of hips.
4. Stay One Level-Static w/ Hips Under Shoulders
5. Separation Shoulder- Hip
6. Separation Shoulder-Arm
7. Sprint leg Heal lift as a results of Knee rotation after separation has been set-up

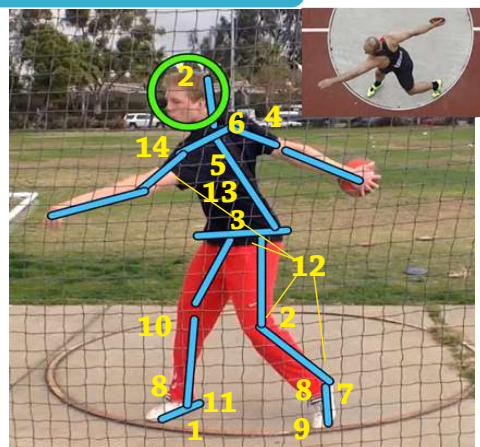


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PILLAR 1: The MECHANICS of Setting the Trigger Action:**The 12 Segments Of The Wind Up**

8. Left and Right foot Parallel at wind end (Torque Tech Check)
9. Weight on inside of left toe. (Less Surface Area)
10. Right Shin at 90 degrees & Right Knee Stays Bent
11. Right Foot Flat and Stopping the Right Side rotation (common & Huge Mistake)
12. Block Arm and Sprint hip, knee, & foot locked and set axis loaded . Create Torque on wind.
13. Hips on top of the Shoulders
14. Block Arm shoulder path Long and slightly below Delivery Shoulder.

Sets UP the Fastest & Most dynamic entry into the throw



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PILLAR 1 – SET-UP THE TRIGGER ACTION

P1 DRILLS



- 1. Set-ups (Pre-Wind- Head position. Create Opposite Side Shift.)
- 2. Wind-up 1 – Hip Shoulder Separation/Arm Shoulder Separation (Hi or Lo orbit, Path of left Shoulder
- 3. WIND-UP 1- SINGLE LEG- More Advanced. Teaches how to Lock the Wind Side legs to create better separation.
- 4. Wind-up 2- Axis Set-u p
- 5. Torque Lock

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



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PILLAR 2 SET –UP MAXIMUM POWER



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PILLAR 2 – SET-UP MAXIMUM POWER: Set the Axis



P2: Sprint Leg Axis

- 1. **SHIFT CM as Unit.** Keep Hips Under Shoulders
- 2. **Keep Knees apart!!!!**
- 3. **Keep Entry Shoulder Long at shoulder.** (Move it To 9 or 3)
- 4. **Turn Entry Side as a unit.**
- 5. **Shift CM to Pillar 3 on inside of sprint foot!!!**
- 6. **Turn & Shift, then Drop (DBL Support as long as possible, Knees Apart**
- 7. **#3 With knees aprat dictates Right Leg Sweep**
- 8. **Keep Hips Level**



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PILLAR 2 – SET-UP MAXIMUM POWER: Sprint Leg Axis

P2 DRILLS



- 1. **CM Shifts (Start with Left at 8:45, Knees apart)**
- 2. **Turning CM shift (start in Pillar 1 position Turn as Unit Knees apart)**
- 3. **90 Degree walk Arouds- (Feel The Shift)**
- 4. **180's**
- 5. **Turn-Shift-drop. (Entry Turn & CM Shift, sprint Drop to 8:45 long Left)- Very Important**
- 6. **8:45 drop-in (When Loaded Correctly it Creates rotation and power)**

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



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PILLAR 3

APPLY MAXIMUM SPEED



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PILLAR 3 – APPLY MAXIMUM SPEED LINEAR FORCE

APPLYING MAX SPEED



1. Drop-in: Shift Knee into Ring & Down Quickly (load up to sprint The Drop-In)
2. Move into center of the ring
3. Stay On inside of Sprint Foot.
4. Push Off Left Agressively/ sets Speed of 3 to 4,5
5. Sprint Angle Sets-up 4 & 5
6. Shoulders & Hips Level/parallel to ground- (Especially Sweep leg hip)
7. Right Leg Sweep TCR- Counter Balance- Knees Apart Right hip LEVEL.

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PILLAR 3 — APPLY MAXIMUM SPEED LINEAR FORCE



P3 Drills

1. Sprint Slide & Load
2. Sprint Counters
3. Puddle 1, 2, 3- Wide Knees
4. Push & Pull
5. Wide knee Sprints

Extra Drills:

- Falling Puddle Jump
- Cone Hop w/ Knee Squeeze (3-4)
- Push & Sweep



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PILLAR 3 — APPLY MAXIMUM SPEED LINEAR FORCE



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PILLAR 4

AXIS TRANSITION



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PILLAR 4 —AXIS TRANSITION

Axis Transition



1. **Maintain Separation.**
2. **Block Arm: Rewraps (in) then take Long (Out), Long-Short-Long-Short: squeeze Sprint Leg behind Delivery Leg..**
3. **Head Stays Locked with Hips**
4. **Sweep Foot, Leg Hip Turns to 12 O'clock**
5. **CM angle: Chest, Hip, Head Over Knee (The Correct angle set up automatic rotation)**
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. Push & Squeeze
- 2. Load & Cross
- 3. Push & Wrap
- 4. Push & Pick-up- (Left Push Get right up to drop on ground and under quick)
- 5. Mod. Wheel Repeat- 3-4 Link- level Shoulders Sprint
- 6. Cone Hop & Freeze
- 7. Get Downs- (Left Push Get right on ground and under quick)



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PILLAR 5

LOCK DOWN POWER



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PILLAR 5 —LOCK DOWN POWER



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Delivery Leg Axis /Power Pos.

1. Sink Down into PP
2. Head Stays In line with Hips
3. Maintain separation with Long Block Arm
4. Don't Let Delivery leg Heel Drop
5. Double Bent Legs (accelerate rotation)
6. Long Block Arm Separation hips/Shoulders
7. Chest Over Knee
8. Hips Under Shoulders- Not in front
9. Wide/Long Left Arm- Wait To Hit the Arm.



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PILLAR 5 —LOCK DOWN POWER



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Power Postion Drills:

1. PP Elevator Drops (Separate and Load)
2. Elevator Twists
3. Elevator Counters w/ Open Left (Load, Separate, counter)
4. Drill Downs -sink w/Rt Rotation Push Knee down/Heel Up.
5. Up- Downs
6. Up-Down Transfers (right to left)

Basics:

1. 180 Heel Up Rotations(Drive Knee & Hip Around/into Throw Heel Elevation)
2. Elevator Load & Left Reach
3. Elevator Pivot

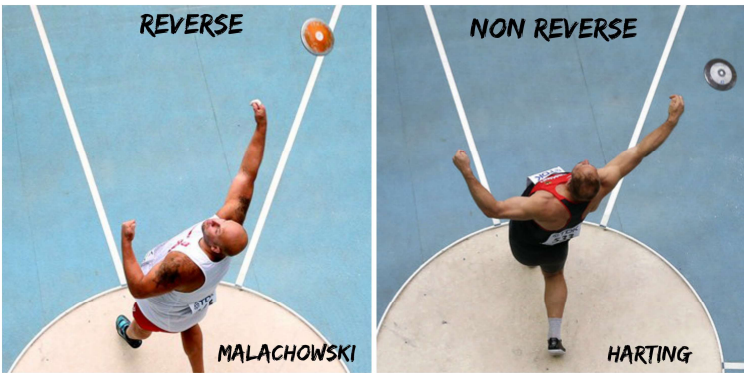
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PILLAR 6

FINISH BIG: DELIVERY

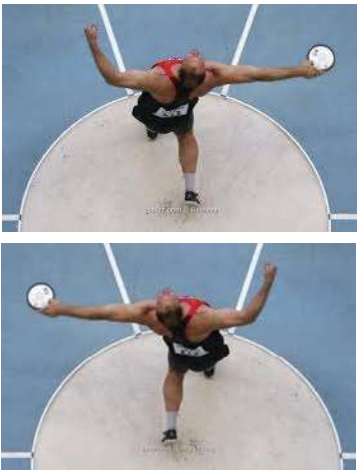


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PILLAR 6 — FINISH BIG: DELIVERY



Delivery- Block

1. Stop Block Side Forcefully with Aggressive block
Arm Shortening. Shortens/ Counter Right
2. HIPS FIRST
3. Outside Discus Edge slightly Down-Thumb Flat.
4. Angle of release
5. Stop Block Arm Before Rib Line
6. Bent Delivery Leg-Elevate right Heel to create linear rotation of right knee/hip into throws- No Inverted C
7. Shoulders On top of Hips: Both Feet on the Ground
8. DO NOT JUMP!!!!!!



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PILLAR 6 — FINISH BIG: DELIVERY- BLOCK



FINISH DRILLS

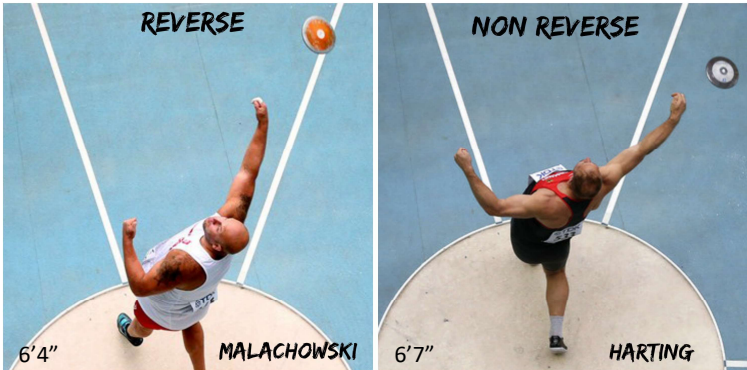
1. Transfers (right To Left)- Stay Loaded & flexed legs. – CM transfers Forward via the Middle Leg Axis.
2. Block Arm Stops,
3. Block Leg Stops, (comes down and pushes back)
4. Pre-Block 1
5. Block Leg, Block Arm Stops
6. Up & over

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REVERSE VS. NON REVERSE

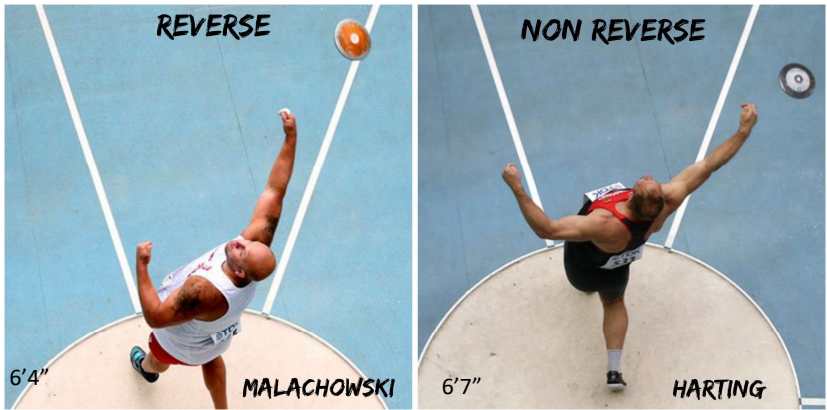


1. Think you can throw farther with a reverse. But Non is more consistent
2. Both Feet on the ground through delivery.
3. Feet switch as a result of right hip rotating past the left and a dynamic Block arm. **THERE IS NO JUMPING**



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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 block and continuation of Delivery Side into block side.



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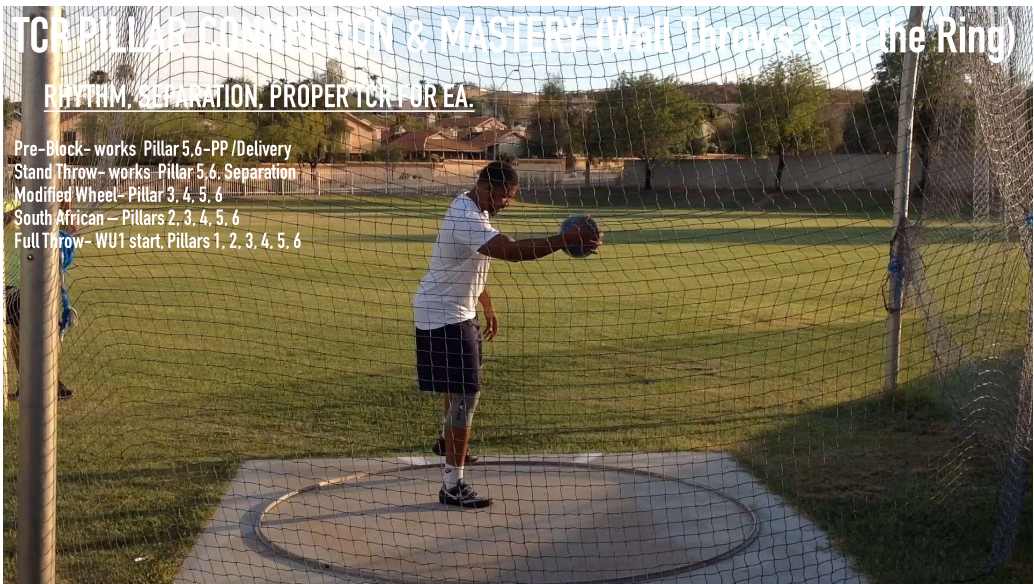
THE 6 PILLARS
OF THE TCR
DISCUS



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Module TWO Homework

1. Watch Video of Great Technical Models. Membership Site Clips.
2. Pay Attention to FEEDBACK MECHANISM as impacted by GPI.
3. Always look at the TCR. Look at Cause vs. Effect.
 - i.e. Right Foot Doesn't Turn in the middle.
4. How to ramp up Results Fast... Drills: Focus on the bad Habits.
5. Weight Training. Posture Essentials. Scaps, Hammys, Core. STT course- Module 1.

