



THROWING CHAIN REACTION® SYSTEM



THE 6 PILLARS OF THE THROW



PILLAR 1

SET-UP THE CHAIN REACTION

PILLAR 2

SET-UP MAXIMUM POWER

PILLAR 3

DROP-IN & APPLY SPEED

PILLAR 4

TWIST & WRAP
(AXIS TRANSITION)

PILLAR 5

LOCK DOWN POWER

PILLAR 6

DELIVERY: FINISH BIG



GLIDE SHOT PUT



PILLAR 1

SET-UP THE CHAIN REACTION

PILLAR 2

LOAD & COIL

PILLAR 3

DROP & SLIDE

PILLAR 4

DRIVE & KICK

PILLAR 5

LOCK DOWN POWER

PILLAR 6

DELIVERY: FINISH BIG

1. Drills ideally teach the right pattern to new throwers

2. Correct bad patterns/weak patterns

3. Make unnatural patterns natural

4. Accelerate learning/faster improvement

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