Training for the Discus
Janine Kuestner
Hillsdale College
Key points

• Hip hinge
• Balance
• Flexibility
• Hurdle mobility
• Rear leg action
• Pool work

• Spin and swing
• High point
• Open chest
• Troubleshooting
• Questions?
Hip hinge

• Problems: activation and flexibility
• Limits positions in the throws
• Limits squat and Olympic lift depth and efficiency
Hip hinge activation

• Causes: quad dominance and glute “ignorance”
• Address with specific lifts, pelvic tilt activity, and “daily booty reminder”
Hip hinge activation – Glute bridge
Hip hinge activation – Hip thrusts
Hip hinge – Pelvic tilt
Hip hinge flexibility

• Addressed with hip hinge stretches, partner/PNF stretching, and rolling out
Hip hinge flexibility – Hinge stretch
Hip hinge flexibility – Partner/PNF stretch
Balance

• On land and in the pool
• For those that really struggle - daily
Balance
Flexibility

• Hip/shoulder separation
• Shoulder
Flexibility – PVC pipe drill
Hurdle mobility drills

• Address multiple skills: balance, flexibility/mobility, coordination, and assessment
Hurdle mobility drills
Rear leg action

- Solo, and weighted
- Hips over feet
Rear leg action – One-leg throw
Pool work

• Balance
• Stretching
• Plyometrics
• Deep practice
A few last thoughts

• Spinning and swinging
• High point/orbit
• Open chest – “see the sector”
• Troubleshooting – look back
Questions?

Janine Kuestner
jkuestner@hillsdale.edu
Office: 517-607-3143