

HEELCURVE HOCKEY

LINE HOPS (LATERAL OVER LINE)

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lateral power, ankle stiffness, coordination, and reactive strength by hopping side-to-side over a line. It improves agility, edge control, and overall lower body explosiveness.

1 SETUP

Stand tall with feet hip-width apart. Find a line on the ground and face it sideways.



2 LOAD

Slightly bend your knees and ankles to preload. Keep your chest up and core engaged.



3 HOP

Explode laterally over the line, landing softly on the opposite side with both feet together.



4 CONTINUE

Immediately hop back over the line in the other direction. Maintain a quick, rhythmic side-to-side motion.



5 MAINTAIN

Keep a fast tempo with soft landings. Stay light on your feet and maintain control throughout the set duration.



KEY POINTS

- Hop side-to-side over the line.
- Land softly with both feet.
- Keep your knees bent and core tight.
- Stay light and quick on your feet.
- Focus on rhythm, not height.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

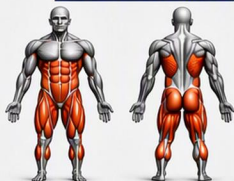
CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Core
- Hip Stabilizers
- Ankles

TRAINING TIPS

- Use as a power and coordination drill, not for max height.
- Start with 2-3 sets of 10-20 seconds or 20-40 hops.
- Focus on quick ground contact, rhythm, and control.
- Include in lower body or hockey-specific training.