

HEELCURVE HOCKEY

POGO HOPS (IN PLACE - FOR FOOT SPEED AND ANKLE STIFFNESS)

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power, control, and reactive strength by performing quick, small, repeated jumps in place. It improves foot speed, ankle stiffness, and elasticity.

1 START

Stand tall with your feet hip-width apart. Get on the balls of your feet with knees slightly bent and arms at your sides.



2 HOP

Perform a small, quick hop off the ground, staying on the balls of your feet. Keep the jumps low and rhythmic.



3 STAY LIGHT

Land softly on the balls of your feet with knees slightly bent. Immediately rebound into the next hop.



4 CONTINUE

Maintain a quick, controlled rhythm for the desired time or reps. Focus on speed, control, and stiff ankles.

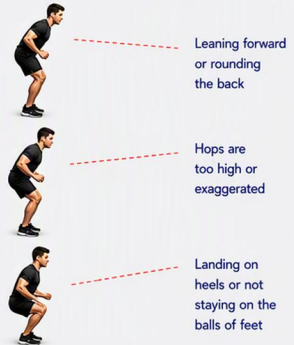
KEY POINTS

- Stay on the balls of your feet.
- Keep the hops small and controlled.
- Maintain a quick, consistent rhythm.
- Keep your core tight and your body upright.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Calves
- Quadriceps
- Glutes
- Hamstrings
- Soleus
- Ankle Stabilizers
- Core

TRAINING TIPS

- Use as a power and reactive strength builder, not just for conditioning.
- Start with short sets (15–30 seconds) and build over time.
- Focus on controlled, fast, and light contacts.
- Include in lower body or hockey-specific training.