

HEELCURVE HOCKEY

MIXED-MODALITY CIRCUIT - FAST FEET STATION (IN-PLACE)

EXERCISE MECHANICS

WHAT IT IS

A mixed-modality circuit station that improves quickness, coordination, foot speed, and overall conditioning through in-place, fast feet movements. Perfect for hockey players to build endurance and agility without needing space to move.

1 SET UP

Stand tall with feet hip-width apart. Slight knee bend and athletic stance. Engage your core.



2 FAST FEET

Drive your feet as fast as possible in place. Stay light on your toes and maintain good posture.



3 INTENSITY

Keep a high tempo throughout the interval. Push your limits while staying controlled and balanced.



4 REST

Recover with light marching or standing rest. Focus on your breathing and staying relaxed.



5 REPEAT

Complete the targeted time or reps, then repeat for the desired number of rounds.



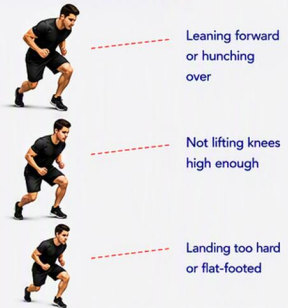
KEY POINTS

- Stay on the balls of your feet.
- Move quickly and lightly.
- Keep your core engaged.
- Maintain good posture with chest up.
- Breathe steadily and stay focused.
- Focus on quality reps, not quantity.

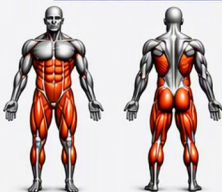
CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Quads
- Hamstrings
- Calves
- Hip Flexors
- Glutes
- Core
- Ankle Stabilizers

TRAINING TIPS

- Use as a conditioning station in a circuit or during practice.
- Work at high intensity for short intervals to improve foot speed.
- Keep rest periods short to maintain heart rate and maximize conditioning.
- Include in both lower body and hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.