

HEELCURVE HOCKEY

MIXED-MODALITY CIRCUIT - GENERAL STRUCTURE

EXERCISE MECHANICS

WHAT IT IS

A mixed-modality circuit that combines strength, power, speed, mobility, and conditioning exercises in a structured sequence to improve overall athleticism, work capacity, and performance across multiple physical demands.

1 SET UP

Choose 4–8 exercises that target different physical qualities (mobility, strength, power, speed, conditioning). Decide on stations or a straight-line format.



2 WORK

Perform each exercise for a set time or repetition range with good technique and intent. Move through the circuit with focus and purpose.



3 TRANSITION

Move efficiently from one station to the next. Transitions should be quick but under control. Keep momentum.



4 REST

Rest briefly after completing all exercises. Use this time to recover properly while preparing for the next round.



5 REPEAT

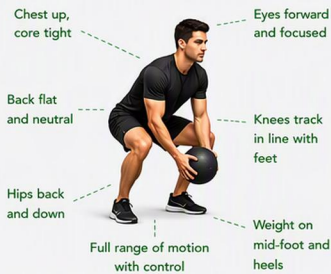
Complete the desired number of rounds while maintaining quality across all exercises. Focus on consistent effort and progression.



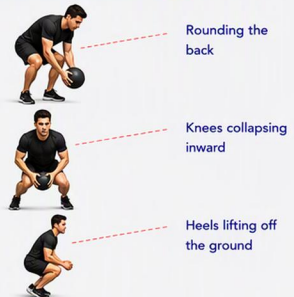
KEY POINTS

- Balance effort and technique.
- Choose exercises that complement each other.
- Manage intensity to maintain quality throughout.
- Stay hydrated and breathe steadily.
- Focus on consistency and progression over time.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Full Body (major muscle groups)
- Core
- Stabilizers
- Cardiovascular System

TRAINING TIPS

- Design circuits that include strength, power, speed, mobility, and conditioning.
- Use appropriate work-to-rest ratios (e.g., 30–60 sec work, 15–30 sec rest).
- Aim for 2–5 rounds depending on your goals and time.
- Progress by adding load, reps, rounds, or reducing rest time.

SKATE FASTER. MOVE BETTER. PLAY HARDER.