

HEELCURVE HOCKEY

ANKLE CIRCLES

EXERCISE MECHANICS

WHAT IT IS

A mobility exercise that improves ankle range of motion, joint health, and circulation. It helps enhance flexibility, reduce stiffness, and support better movement quality for skating and injury prevention.

1 START

Sit on the floor with one leg extended and the other bent for support. Keep your back upright and hands behind you for balance.



2 CIRCLE OUTWARD

Slowly rotate your foot in a large circle outward (clockwise), using your ankle as the driver. Keep the movement smooth and controlled.



3 CIRCLE INWARD

Reverse direction and circle inward (counterclockwise). Maintain control through the full range of motion without forcing the movement.



4 REPEAT

Complete the desired number of circles, then switch to the other leg and repeat.



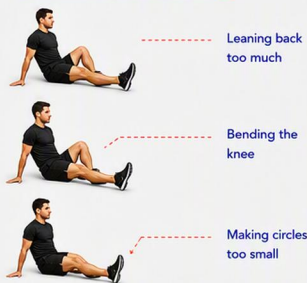
KEY POINTS

- Move slowly and with control.
- Use full range of motion.
- Keep your leg relaxed and your knee still.
- Breathe steadily throughout.
- Use your arms for support and balance.
- Focus on quality movement, not speed.

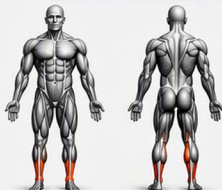
CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Calf Muscles (Gastrocnemius, Soleus)
- Tibialis Anterior
- Peroneals
- Foot Intrinsic
- Achilles Tendon
- Ankle Stabilizers

TRAINING TIPS



Use as a warm-up, cool-down, or mobility drill.



Perform 10–15 circles in each direction per leg.



Great for improving ankle mobility, circulation, and joint health.



Include in your routine 3–5 times per week for best results.

SKATE FASTER. MOVE BETTER. PLAY HARDER.