

HEELCURVE HOCKEY

ANKLE MOBILITY DRILL (KNEE OVER PINKY TOE) EXERCISE MECHANICS

WHAT IT IS

A mobility exercise that improves ankle dorsiflexion by training proper knee alignment over the pinky toe. It helps enhance range of motion, reduce injury risk, and improve squatting and skating mechanics.

1 START

Stand facing a wall or stable surface. Place your hands on the wall at shoulder height. Step one foot back, keeping both feet facing forward.



2 DRIVE KNEE FORWARD

Drive your front knee forward over your pinky toe while keeping your heel planted and your torso upright. Feel the stretch in your ankle.



3 CONTROL

Control the movement and keep your knee tracking over your pinky toe. Maintain heel contact with the ground and stay tall.



4 RETURN & REPEAT

Push back to the starting position, then repeat for the desired reps before switching legs.



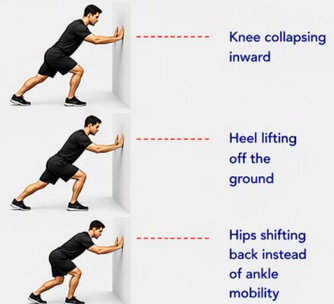
KEY POINTS

- Keep your knee tracking over your pinky toe.
- Keep your heel planted.
- Lean from the ankle, not the hip.
- Keep your chest up and core tight.
- Use your arms for balance and support.
- Focus on quality movement, not range.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Gastrocnemius (Calf Muscles)
- Soleus
- Tibialis Anterior
- Achilles Tendon
- Foot Intrinsic
- Glutes
- Hip Flexors

TRAINING TIPS

- Use as a warm-up, cool-down, or mobility drill.
- Hold for 30–60 seconds per side and repeat 1–2 times.
- Combine with ankle mobility and lower body work.
- Include in your routine 3–5 times per week for best results.

SKATE FASTER. MOVE BETTER. PLAY HARDER.