

HEELCURVE HOCKEY

STANDING CALF STRETCH (STRAIGHT LEG)

EXERCISE MECHANICS

WHAT IT IS

A lower leg stretch that targets the calf muscles (gastrocnemius) by keeping the back leg straight and the heel down while leaning forward. It helps improve ankle mobility, reduce tightness, and enhance performance and recovery.

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 LEAN FORWARD

Keep your back leg straight and the heel planted on the ground. Lean forward from the hips toward the wall.



3 FEEL STRETCH

You should feel a stretch in your calf. Keep your hips square and your back leg straight.



4 HOLD & SWITCH

Hold for the desired time, breathing deeply. Switch legs and repeat for the other side.



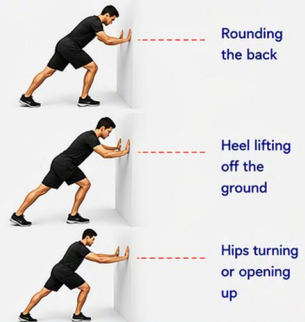
KEY POINTS

- Keep your back leg straight.
- Keep your heel planted.
- Lean from the hips, not the lower back.
- Keep your chest up and core tight.
- Use your arms for balance and support.
- Focus on quality stretch, not intensity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Gastrocnemius (Calf Muscles)
- Soleus
- Achilles Tendon
- Ankle Stabilizers

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.