

HEELCURVE HOCKEY

BANDED PALLOF PRESS (DYNAMIC)

EXERCISE MECHANICS

WHAT IT IS

An anti-rotation core exercise that helps build core stability and resist rotational forces. It improves postural control, reduces injury risk, and enhances balance and performance.

1 SET UP

Anchor a resistance band at chest height. Stand side-on to the anchor with feet hip-width apart. Engage your core and glutes.



2 PRESS OUT

Press the band straight out in front of your chest with both hands. Keep your arms extended and core tight.



3 ROTATE

Rotate your torso away from the anchor as far as you can while keeping your arms straight and core tight.



4 RETURN

Slowly return to the center position while controlling the band and resisting rotation.



5 REPEAT

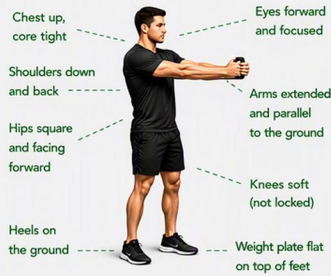
Repeat for the desired number of reps or time, then switch sides and repeat.



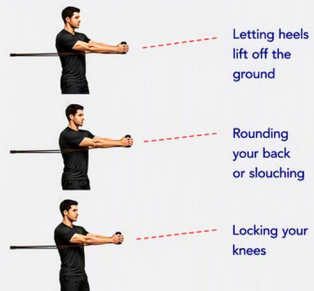
KEY POINTS

- Keep your feet rooted on the ground.
- Press the band straight out from your chest.
- Rotate your torso, not your arms.
- Keep your core tight and body still.
- Use a slow, controlled tempo.
- Focus on quality reps, not quantity.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Tibialis Anterior
- Calves
- Extensor Digitorum Longus
- Peroneals
- Ankle Stabilizers
- Core (Obliques, Transverse Abdominis, Rectus Abdominis)

TRAINING TIPS



Use as a core stability or activation exercise in your warm-up.



Start with 2–3 sets of 20–45 seconds per side.



Increase duration or add variations (e.g., split stance, lower band height) as you progress.



Include in lower body or hockey-specific training.