

HEELCURVE HOCKEY

PLANK WITH SHOULDER TAP

EXERCISE MECHANICS

WHAT IT IS

A core stability exercise that improves anti-rotation strength, shoulder stability, and coordination by maintaining a strong plank position while alternately tapping each shoulder with the opposite hand. It helps build core endurance and functional control.

1 SET UP

Start in a high plank position with hands under shoulders, feet hip-width apart. Engage your core and glutes. Keep your body in a straight line from head to heels.



2 TAP SHOULDER

Lift your right hand off the ground and tap your left shoulder. Keep your hips level and avoid twisting your torso.



3 RETURN HAND

Place your right hand back on the ground under your shoulder. Maintain your core tight and body in a straight line.



4 TAP OTHER SIDE

Lift your left hand off the ground and tap your right shoulder. Keep your hips level and core engaged.



5 CONTINUE

Place your left hand back on the ground and continue alternating sides for the desired number of reps or time.



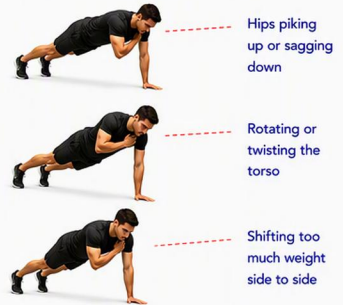
KEY POINTS

- Keep your body in a straight line from head to heels.
- Avoid rocking your hips or twisting your torso.
- Tap your shoulder with control.
- Keep your core tight and posture tall.
- Focus on slow, controlled reps.
- Breathe steadily and maintain rhythm.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Core (Rectus Abdominis, Obliques, Transverse Abdominis)
- Shoulders (Deltoids)
- Chest (Pectorals)
- Glutes
- Hip Flexors
- Lower Back (Erector Spinae)

TRAINING TIPS

- Use as a core stability or activation exercise in your warm-up.
- Start with 2–3 sets of 20–30 seconds or 10–20 reps per side.
- Progress by increasing time, reps, or adding ankle width challenges.
- Include in lower body or hockey-specific warm-ups.