

HEELCURVE HOCKEY

BROAD JUMP TO SPRINT

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power, explosiveness, and acceleration by combining a powerful broad jump with an immediate sprint. It improves horizontal power, stride length, and overall athletic performance.

1 START

Stand tall with feet hip-width apart. Engage your core and swing your arms back.



2 LOAD

Bend at the hips, knees, and ankles to load into a quarter squat. Swing your arms back.



3 JUMP

Explode forward and upward, swinging your arms forward. Jump as far forward as possible.



4 LAND

Land softly with knees bent, hips back, and core tight. Absorb the impact under control.



5 SPRINT

Immediately transition into a powerful sprint. Drive your knees and pump your arms.



KEY POINTS

- Jump as far as possible.
- Land softly and under control.
- Explode into your sprint immediately.
- Keep your core tight and posture tall.
- Use your arms for power and balance.
- Focus on quality reps, not quantity.

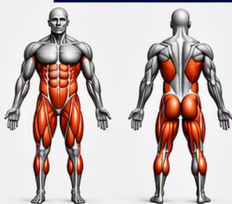
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Core
- Hip Stabilizers

TRAINING TIPS

- Use as a power and acceleration exercise, not just for distance.
- Start with lower volumes (3–5 reps) and focus on maximum effort.
- Progress by increasing jump distance or sprint intensity.
- Include in lower body or hockey-specific training.