

HEELCURVE HOCKEY

BROAD JUMP (BODYWEIGHT - SEATED OR STANDING)

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power by jumping horizontally as far as possible. It improves explosive strength, balance, and skating stride power.

1 START

Sit or stand with your feet flat on the ground, toes relaxed. Keep your chest up and core tight.



2 LOAD

Bend your knees and hips into a quarter squat. Swing your arms back to build momentum.



3 JUMP

Explode forward powerfully, swinging your arms forward and jumping as far as possible.



4 LAND

Land softly on both feet with bent knees. Stabilize and reset before your next jump.



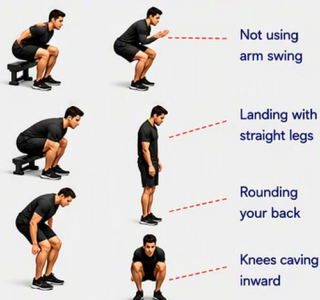
KEY POINTS

- Load with purpose and jump explosively.
- Swing your arms powerfully.
- Land softly with bent knees.
- Stabilize under control.
- Rest and reset between jumps.
- Focus on quality and distance.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Hip Flexors
- Core

TRAINING TIPS

- Use as a power and performance exercise to improve explosiveness.
- Add to warm-ups or lower body power days.
- Pair with squats, jumps, and sprints for maximum results.
- Include in lower body or hockey-specific training.