

HEELCURVE HOCKEY

VERTICAL JUMP (IN-PLACE)

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power, explosiveness, and reactive strength by jumping vertically as high as possible from a standing position and landing with control. It improves jumping ability, ankle stiffness, and overall athleticism.

1 START

Stand tall with feet hip-width apart. Engage your core and keep your chest up.



2 LOAD

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



3 JUMP

explosively. Swing your arms up and jump as high as you can, extending hips, knees, and ankles.



4 LAND

Land softly with knees slightly bent, hips back, and core tight. Absorb the force with control.



5 REPEAT

Reset quickly and repeat for the desired number of reps.



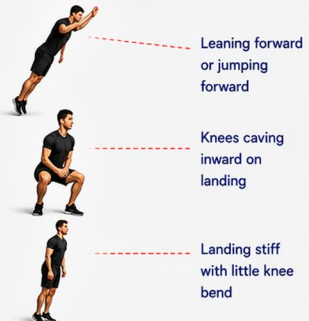
KEY POINTS

- Jump straight up—don't jump forward.
- Use a quick arm swing to generate power.
- Land softly on the balls of your feet.
- Keep your core tight and posture tall.
- Minimize ground contact time.
- 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 explosiveness builder, not just for height.
- Start with bodyweight and master technique before adding load.
- Focus on maximum effort and quick, controlled landings.
- Include in lower body or hockey-specific training.