

HEELCURVE HOCKEY

PLATE-LOADED REVERSE LUNGE (GOBLET HOLD)

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power, control, and strength by stepping back into a lunge while holding a plate at your chest. It improves unilateral strength, balance, and stability.

1 START

Stand tall with feet hip-width apart. Hold a weight plate vertically at your chest with both hands.



2 STEP BACK

Step one foot back and lower your body straight down into a lunge, keeping your chest up and core tight.



3 DRIVE UP

Push through your front foot to drive back up to the starting position. Keep your front knee aligned over your foot.



4 REPEAT

Switch legs and repeat for the desired number of reps.



KEY POINTS

- Step back far enough to allow a deep lunge.
- Keep your chest up and your back straight.
- Lower until your back knee is just above the ground.
- Drive through your front foot to stand up.
- Keep your front knee tracking over your foot.
- Use your arms for balance only.
- 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 control builder, not just for height.
- Start with a lighter plate (10–25 lb / 5–11 kg) and progress as your control improves.
- Focus on controlled reps and soft landings.
- Include in lower body or hockey-specific training.