

HEELCURVE HOCKEY

BOX JUMP - STEP DOWN (MECHANICS CRITICAL)

WHAT IT IS

A plyometric exercise that develops lower body power, control, and strength by jumping onto a box and stepping down with control on one leg. It improves landing mechanics, unilateral strength, and stability.

1 START

Stand about one foot away from the box. Jump up and land softly on top with both feet, hips back and chest up.



2 STEP DOWN

Step down off the box with one foot at a time, leading with your heel and keeping your chest up.



3 CONTROL

Lower your body under control until your foot lightly touches the ground. Keep your knee aligned over your foot.



4 STEP BACK UP

Drive through your planted foot to step back up onto the box with the same foot. Maintain balance and posture.



5 REPEAT

Continue stepping down and back up for the desired number of reps, then switch legs.



KEY POINTS

- Land softly on the box with both feet.
- Step down—don't jump down.
- Lead with your heel and stay tall.
- Keep your knee tracking over your foot.
- Tap the ground lightly and under control.
- 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 lower box (12–20 in / 30–50 cm) and progress as your control improves.
- Focus on controlled reps and soft landings.
- Include in lower body or hockey-specific training.