

HEELCURVE HOCKEY

BOX JUMP (TWO-FOOT, MID-HEIGHT) EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power, control, and strength by jumping onto a box with both feet and stepping down with control. It improves explosive power, landing mechanics, and overall athleticism.

1 START

Stand about one foot away from the box. Feet hip-width apart and arms at your sides. Engage your core and look ahead.



2 JUMP

Swing your arms and explosively jump up, driving through your hips, knees, and ankles.



3 LAND

Land softly on the box with both feet, hips back, knees bent, and chest up. Stabilize at the top.



4 STEP DOWN

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



KEY POINTS

- Jump with both feet and land softly.
- Keep your chest up and your core engaged.
- Land with hips back and knees bent.
- Step down one foot at a time.
- Use your arms for momentum and balance.
- Focus on quality reps, not quantity.

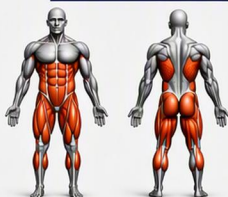
CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



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

TRAINING TIPS



Use as a power and control builder, not just for height.



Start with a mid-height 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.

SKATE FASTER. MOVE BETTER. PLAY HARDER.