

HEELCURVE HOCKEY

DEPTH DROP (STEP OFF BOX, TWO-FOOT LANDING)

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power, control, and strength by stepping off a box and landing with control on both feet. It improves landing mechanics, unilateral strength, and stability.

1 START

Stand tall on the box with both feet hip-width apart. Engage your core and look ahead.



2 STEP OFF

Step off the front edge of the box and allow your body to drop straight down.



3 LAND

Land softly on both feet at the same time, bending your hips, knees, and ankles to absorb the impact. Keep your chest up and your knees aligned over your feet.



4 RESET

Stand tall, reset your balance, and repeat for the desired reps, then switch legs.

KEY POINTS

- Step off the front edge of the box.
- Land softly on both feet at the same time.
- Absorb the impact by bending at the hips, knees, and ankles.
- Keep your knees tracking over your feet.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



Leaning forward or rounding the back



Knee caving inward



Landing too hard with poor control

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.