

# HEELCURVE HOCKEY

## LATERAL BOX JUMP

### EXERCISE MECHANICS

#### WHAT IT IS

A plyometric exercise that develops lower body power, control, and strength by jumping onto a box laterally and landing 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 one leg, keeping your hips back and chest up.



#### 2 JUMP

Jump laterally, swinging your arms and hips to generate power.



#### 3 LAND

Land softly on the box on one foot. Absorb the impact with control. Keep your knee aligned over your foot.



#### 4 STABILIZE

Stabilize at the top with a strong, upright posture. Maintain balance and control before stepping down.



#### 5 STEP DOWN

Step down with the other foot, return to the ground under control, and reset for the next rep.



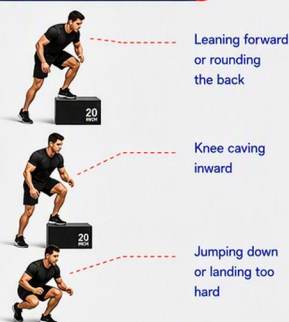
#### KEY POINTS

- Land softly on the box with one foot.
- Keep your knee tracking over your foot.
- Stay light and controlled.
- Tap the ground lightly and reset.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

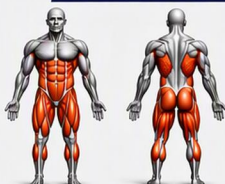
#### CORRECT FORM



#### 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 low box (8–12 in / 20–30 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.