

HEELCURVE HOCKEY

LATERAL BOX STEP-OVER

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lateral power, coordination, and lower body strength by stepping laterally over a box with control on each side. It improves agility, balance, and functional movement.

1 START

Stand tall with feet hip-width apart. Engage your core and keep your chest up.



2 STEP OVER

Step laterally over the box with one foot, then bring the other foot over to land on the opposite side.



3 LAND

Land softly on the opposite side with both feet. Absorb the impact with control.



4 STEP BACK

Step back over the box in the opposite direction, leading with the same foot.



5 REPEAT

Continue stepping side-to-side over the box for the desired number of reps.



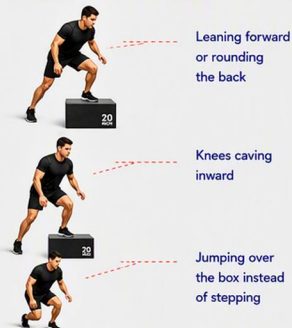
KEY POINTS

- Step laterally—don't hop or jump.
- Land softly and under control.
- Keep your knees bent and core tight.
- Stay light on your feet.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

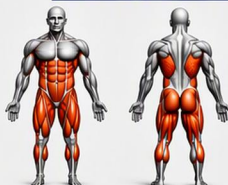
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



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

TRAINING TIPS

- Use as a power and coordination drill, 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.