

HEELCURVE HOCKEY

SINGLE-LEG BOX JUMP (LOW BOX)

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power, control, and strength by jumping onto a low box 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 chest up and core tight.



2 JUMP

Explode upward and forward, swinging your opposite leg and arms 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.



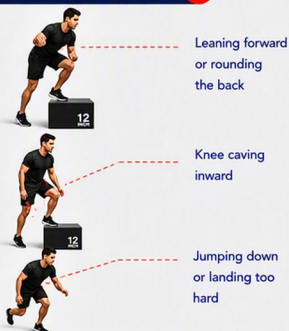
KEY POINTS

- 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 lower 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.