

HEELCURVE HOCKEY

LADDER: FULL COMPLEXITY CIRCUIT (COMBINED PATTERNS)

EXERCISE MECHANICS

WHAT IT IS

A footwork circuit that combines multiple ladder patterns and movements into one high-performance sequence. It improves speed, agility, coordination, change of direction, power, balance, and hockey specific conditioning.

1 START

Stand at one end of the ladder with feet just outside the first square. Get in an athletic stance with knees bent and core engaged.



2 PATTERN 1

Two feet in each square through the ladder.



3 PATTERN 2

Ickey Shuffle through the ladder.



4 PATTERN 3

Lateral Icky Shuffle through the ladder.



5 EXIT

Explode out of the last square with a broad jump forward and land softly with control. Reset and repeat the circuit.



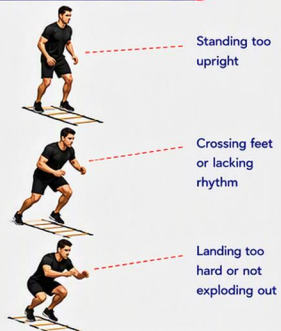
KEY POINTS

- Stay low with knees bent and hips back.
- Keep your chest up and core tight.
- Move quickly, but never sacrifice form or control.
- Stay light on your feet—avoid pounding.
- Use your arms for balance and rhythm.
- Focus on quality reps, not speed.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



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

TRAINING TIPS



Use as a speed and agility drill to improve quick feet and control.



Start slow to learn the sequence, then increase speed.



Keep movements crisp and rhythmic throughout.



Include in warm-ups or conditioning circuits 2-3 times per week.

SKATE FASTER. MOVE BETTER. PLAY HARDER.