

HEELCURVE HOCKEY

LADDER: ICKEY SHUFFLE

EXERCISE MECHANICS

WHAT IT IS

A footwork drill that builds quickness, agility, and coordination using the Icky Shuffle pattern. It improves lateral mobility, balance, ankle stiffness, and change of direction speed for hockey performance.

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 ICKEY SHUFFLE PATTERN

Step one foot into the square at a diagonal, follow with the other foot into the same square. Step out to the side, then bring the trailing foot out to meet it.



3 MOVE THROUGH LADDER

Repeat the Icky Shuffle pattern through each square moving forward as quickly and smoothly as possible while maintaining control.



4 RESET & REPEAT

At the end of the ladder, turn around and repeat back to the starting end or rest and repeat for the desired reps.



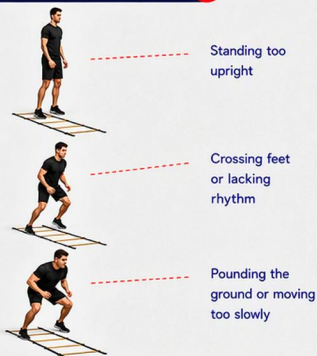
KEY POINTS

- 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
- Hip Stabilizers
- Core

TRAINING TIPS



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



Start slow to learn the pattern, 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.