

HEELCURVE HOCKEY

LADDER: IN-IN-OUT-OUT

EXERCISE MECHANICS

WHAT IT IS

A footwork drill that builds quickness, agility, and coordination using the in-in-out-out 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 engaged.



2 IN-IN

Quickly step both feet into the first square one after the other.



3 OUT-OUT

Step both feet outside the ladder to the side, landing one foot at a time.



4 IN-IN

Step both feet into the next square one after the other.



5 REPEAT

Continue the in-in-out-out pattern down the ladder, then reset and repeat for the desired reps.



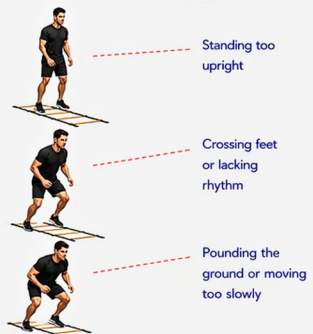
KEY POINTS

- 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
- Core
- Hip Stabilizers

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.