

HEELCURVE HOCKEY

LADDER: TWO FEET IN EACH BOX

EXERCISE MECHANICS

WHAT IT IS

A footwork drill that builds quickness, agility, and coordination using the two feet in each box pattern.

It improves balance, lateral mobility, 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 TWO FEET IN EACH BOX

Quickly place both feet inside the first square. Then move both feet out to the next square. Continue through the ladder.



3 MOVE FORWARD

Maintain a quick but controlled rhythm moving forward through each square. Keep your chest up and core tight.



4 STAY LIGHT

Stay on the balls of your feet with light, quick contacts. Keep movements crisp and controlled.



5 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.



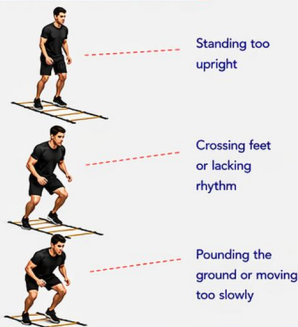
KEY POINTS

- 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
- 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.